



# THE COLONNADE

Friday, September 25, 2009 - www.GCSUnade.com - Volume 86, No. 5

**INSIDE****NEWS****Thunder Cup kicks off**

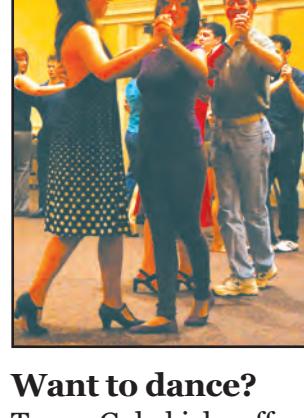
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**NUMBER CRUNCH****5.3**

**inches of rain that fell on Milledgeville between Sept. 16 and Sep. 22**

WEATHER.COM



JENNY DUNPHY/ STAFF PHOTOGRAPHER

From left, senior Brett Compton, sophomore Lauren Tripi and freshman Katie Dunphy wade through a flooded walkway at the Oconee River Greenway, which was flooded by the rain over the weekend.

## Rains cause flooding, road closures throughout state

BY MARY BESS PARKS  
STAFF WRITER

Georgia is feeling the devastating effects of heavy rains that have pounded the state of late. The rains prompted road closures and pushed rivers above flood stage.

Students at GCSU were notified of flood warnings via their myCats accounts. Justin Gaines, the Coordinator of Emergency Preparedness and Occupational Safety, updated students with information on the warnings and what they can do to stay

safe. The main concern was for the safety of students and staff while commuting, he said.

"Driving is the biggest issue ... be careful. It only takes two feet of water to

**Flood page 2**

## Cyclists have to follow the rules of the road, too

BY ANDREA LOWERY  
STAFF WRITER

Cycling enthusiasts want people to know that cycling is a safe and enjoyable form of transportation, especially here in Milledgeville. So as long as cyclists share the road and ride predictably, cycling can be the way to go.

A bike is defined as a vehicle according to the Georgia bicycle laws, and as the operator, the cyclist must obey all



ANDREA LOWERY/ STAFF PHOTOGRAPHER

Even when wearing a suit, grad student Chris Wade rides his bike around campus.

Adam Heagy, manager of Oconee Outfitters, said. "That's why there are laws for cyclists. It causes predictability."

For safe riding, cyclists should stay to the right of the road unless turning left or avoiding hazards. They also must use hand signals to indicate turns and stops, and should always ride with the flow of traffic, as well as remember that sidewalks are for pedestrians.

"We all take it for granted when we drive a car that the other cars will stop for a stop sign or signal when turning."

**Bikes page 3**

## New wellness center pending SGA approval

BY CLAIRE DYKES  
SENIOR REPORTER

Planning for a new West Campus wellness center is pending approval of a student fee to be voted on at the Student Government Association meeting Wednesday.

Without the approval of the fee — with an expected price tag of around \$175 per semester starting

in Fall 2010 for the next 30 years at a total of \$29 million — the proposal will be completely dropped.

"I encourage my fellow students to weigh in on this important decision using the legislative process and contact their SGA senator," SGA President Zack Mullins said.

**Wellness center specs****Wellness page 4**

GRAPHIC COURTESY OF UNIVERSITY COMMUNICATIONS

## Traveling fair hits Milledgeville, attracts many

BY KELSEY BAGWELL  
STAFF WRITER

The relocation of the annual Paradise Amusements fair to the Milledgeville Mall resulted in double the attendance — and some would say excitement — from last year.

The Sept. 15 arrival of the traveling event drew in fair-goers,

young and old, regardless of the inclement weather. Despite the wet forecast, the location change from Walter B. Williams Park to the Milledgeville Mall attracted "more visitors than last year," two-year Paradise Amusements employee Alejandre Ramirez said.

The Milledgeville Mall Offices hosted this year's Para-

dise Amusements event, which wrapped up this past Sunday. However, surrounding businesses, such as Ruby Tuesday and Margaritas, did not pick up windfall from the success of the fair. Ruby Tuesday's manager Robert Thompson noted that "little to no change in amount of business" made him indifferent to the fair's location for next year.

The inner-child in many GCSU students came out as they discovered Paradise Amusements' arrival in Milledgeville. Among them, junior Dana Peterson appeared quite enthused.

"I was driving to Big Lots when I saw the Ferris wheel from afar," Peterson said. "I couldn't

**Fair page 4**



# Sodexo accommodates those with selective diets

BY ELIZABETH RAWLINS  
STAFF WRITER

Sodexo dining services provides students with a variety of meal options daily, even accommodating those with vegetarian, vegan and gluten-free diets.

"We provide them another avenue to eat," Steven Derrick, Sodexo's area general manager, said.

Students with special diets are not able to eat anything they want. Life can be a struggle if one

has a strict diet or is allergic to soy, peanuts or gluten.

The GCSU dining hall accommodates these students by not only posting the menu online for students to see the nutritional information, but also an information card beside the food showing the ingredients and nutrition facts. This guide is helpful to those with allergies, vegetarian and vegan diets, but it is quite different for someone with a gluten-free diet.

"It is a problem when

they cannot get the right food," George Tucker, Sodexo's executive chef, said.

Celiac disease requires someone to have a gluten-free lifestyle, meaning that a person's small intestines prevents them from eating wheat, barley, rye and oats. Most of these ingredients are found in many food items. Different ingredients are needed to prepare the food so the executive chef orders special gluten-free flour, bread, pasta, crackers and even brownies for the five students he prepares gluten-free meals for. Tucker has the students' schedules posted on his wall in his office. He knows when they are coming to the dining hall and has their meals prepared and ready.

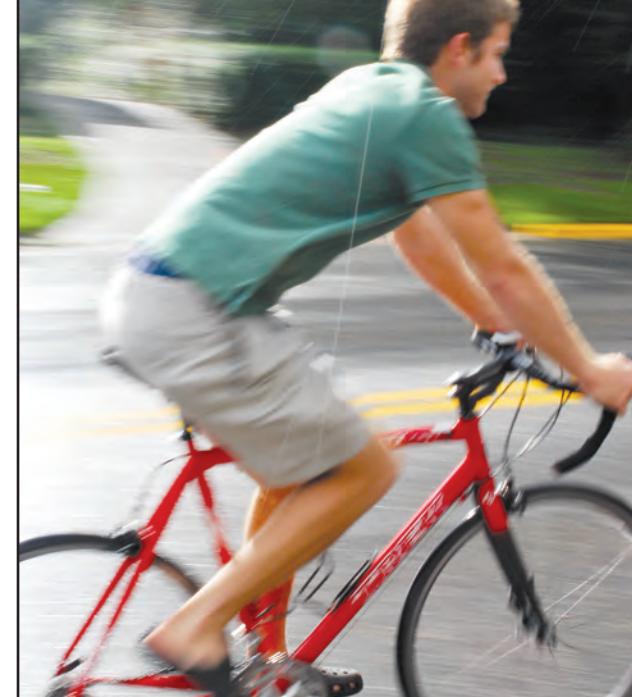
"It is a lot easier to prepare the food if you know what products to use and you know what to do," Tucker said.

Many students do not require specific eating habits or lifestyles, but Derrick said that many students are just worried about gaining the "Freshman 15 (pounds)." Sodexo



ALEX TAYLOR / STAFF PHOTOGRAPHER  
Sodexo offers healthy tips around the dining hall, helping students make informed decisions about what to eat.

*Sodexo page 5*



ANDREA LOWERY / STAFF PHOTOGRAPHER

Senior Zach Roach rides his bike in the rain. When he needs to get somewhere, he takes his bike regardless of the weather.

a responsible manner. All cyclists are invited to ride with the group free of charge.

"In Milledgeville, there are a lot of people walking, a lot of people driving and a lot of people riding their bikes," Reonas said. "You have to be aware of what's around, and use common sense. It's a common sense thing, more or less, on both ends. There needs to be a mutual understanding between cars and bikes."



## Wellness Specialist

Position will offer personal and professional training to our membership.  
Candidate will assist in the development of training programs and increase awareness for health and wellness for membership.

Position requires an Bachelor's Degree in Wellness/Fitness field or 5 years experience in the Fitness/Wellness field. Qualifications include a certification in at least one of the following organizations: ACSM, NSCA, ACE, and/or NASM. CPR/AED and First Aid certifications required. Must possess strong communication skills both verbally and written and must be proficient on the computer.

If you are interested, please apply online at:  
[www.reynoldspplantation.com](http://www.reynoldspplantation.com)



PHOTOS BY MARY BESS PARKS / STAFF PHOTOGRAPHER  
Above, Nettie Brill and Richard Kim measure canine skulls in GCSU's Archaeology Lab. Bottom left, Dr. Jeff Blick shows off a canine skull and the many bones they have to study. Bottom right, the canine skeletons appear to be from anywhere between 1020 A.D. and 1273 A.D.

## GCSU anthropologist part of canine skeleton project

BY MARY BESS PARKS  
STAFF WRITER

The discovery of burial grounds is an exciting occurrence for anthropologists, but finding 115 canine skeletons in a single burial ground can be called monumental. This discovery, in the village of Weyanoke Old Town, Virginia, is the largest site of excavated dog skeletons on the North American continent. It is the third-largest site in the world.

There is a burial ground in Peru that is in competition with the site in Virginia. The Peruvian site

contains around 400 dogs and the anthropologists working on that site have approximately 15 more dogs to excavate.

GCSU's Archaeology Lab contains these specimens. Originally, the lab thought that there were only 112 dogs that were excavated. When in fact, there were three more.

"There were some boxes with more than one dog skeleton," said Nettie Brill, a junior majoring in liberal studies with a minor in anthropology.

She and co-worker Richard Kim are assisting Dr. Jeff Blick, professor

of anthropology specializing in archaeology, in the measuring of the teeth of the dogs. When all of the teeth samples have been measured, the data collected, along with samples of the teeth, will be sent off for more testing.

"We are sending in samples to California for DNA extraction. They crush the teeth to extract the pulp from the tooth," Brill said.

The University of California, Los Angeles will be performing the technical analysis of DNA. It takes

*Lab page 5*

Office of Institutional Equity and Diversity, Latino Student Association, Black Student Alliance, and the Salsa and Latin Dance Club Present

## Hispanic Heritage Month

### Tango Gala!

Friday, September 18, 2009

7 pm - 9 pm

Magnolia Ballroom

Come enjoy the rhythms of Tango. Instructors Rick & Lynda Wilson will provide a discussion about the various Tango styles and participants will have an opportunity to learn basic Tango movements.



### Latino Student Experience

Thursday, September 24, 2009

7 pm - 8:30 pm

Museum Education Room

Come and hear as Latino students at Georgia College & State University share their life stories, experiences, and perspectives on the issues affecting Latinos in Georgia.

### Film Presentation: "Sin Nombre"

Thursday, October 1, 2009

7 pm - 9 pm

Arts and Sciences Room 275

A teenager joins a family of Honduran immigrants making the dangerous journey across Mexico to the United States, avoiding a fellow gang member who has been sent to kill him along the way. Film is rated "R".



### Hispanic/Latino Symposium

Friday, October 16, 2009, 10 am - 12 pm

Maxwell Student Union Lounge

Georgia has the ninth largest Latino population in the country and as a result Latinos are increasingly impacting various segments of society. The Hispanic/Latino Symposium at Georgia College is an opportunity for GCSU students, faculty, staff, and the Milledgeville community to explore and hear community leaders and academics share their perspective on the issues Latinos face in Georgia. Speakers will include minister Fred Johnson from Community Fellowship Church of Ministry in Dalton, GA will discuss about African-American and Latino relations. Journalist and GCSU Mass Communications faculty member, Pete McMichael, will discuss some of his narrative journalism on the Latino experience in Georgia. Chicana artist and GCSU Art professor, Valerie Aranda, will discuss about her most recent artwork about Latino leadership in the South.



### Baila, Mi Gente (Dance, My People)

Dance and Celebrate Latin Music

Friday, October 16, 2009, 9 pm - 12 am - Maxwell Student Union Lounge

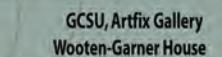


### Beyond Words: Más Allá de Las Palabras

Art Exhibition by Valerie Aranda and Alejandro Garcia Lemos

October 22 - Artist reception and presentation, 5 pm at the Artfix Gallery,

This is an art exhibition focusing on the Latino/ American experience in the South. Issues of immigration, leadership, social justice, community dialogue and artistic expression are the focus for this exhibition. Presentation to include discussion with Jerry Gonzalez, Georgia Association of Latino Elected Officials-GALEO; Sister Margarita Martin, ACJ, Oasis Católico Santa Rafaela, Handmaids of the Sacred Heart of Jesus; Alma Lorena Aguilar, Girl Scouts of Historic Georgia; Alexis Ruiz, Students for Latino Empowerment, UGA.



### Embracing the Fierce Urgency of Now

For more information, please call the Office of Institutional Equity and Diversity at (478) 445-4233

All events are free and open to the public



## Thunder Cup

*Continued from page 2...*

case of a tie will be leadership.

Stubbs has created an easy way for each student to earn points. At every official Thunder Cup event, there will be someone to swipe Bobcat Cards.

Larry Christenson, executive director of University Housing, was asked by Dr. Bruce Harshbarger to implement an inter-hall competition. Christenson then took it to RSA where Stubbs was put in charge of creating the details.

The long-term goal for this project

is that each hall have traditions: mottos, mascots and colors. Eventually, students will wear their hall's color T-shirt to freshmen convocation. Christenson wants students to have an attachment to their halls.

The winner will be awarded the Thunder Cup trophy. Stubbs wants to be able to put the trophy in the clock tower overlooking the reflection pool on campus and have lights shining on the trophy, but this idea is still in the planning stages.

"It's not about the trophy," Christenson said. "It's about team rivalry, participation and people just having a good time interacting."

The Board of Directors, which consists of members from SGA, RSA and CAB, will decide in advance what events will be official Thunder Cup events. Every advertised event will have the official Thunder Cup stamp.

Part of the mission statement for Thunder Cup reads, "it is to encourage residents and students to work hard and be loyal, in turn, benefiting themselves, the residents, the staff, university, and community at large."

Check out the Facebook group for more information on the Thunder Cup competition and upcoming events.

## THUNDER CUP COMPETITION AREAS

- [1] On-Campus Program Involvement
- [2] Community Involvement
- [3] Eco-Awareness
- [4] Intramurals
- [5] Academics
- [6] Fine Arts
- [7] Wellness
- [8] Athletics
- [9] Service
- [10] Leadership (used to determine ties)

GRAPHIC BY MATT CHAMBERS

## Fair

*Continued from page 1...*

the excitement. I called all my friends."

Not all college students found the fair to be a thrilling attraction. Sophomore Brittney Hearn said she "didn't trust" carnival rides that may be assembled and disassembled in such short time.

"My mom would kill me if she knew I was here," Hearn said.

The rides ranged from "Wipe Out" — a spinning, high-intensity ride for the dare devils — to the classic "Big Slide" for all ages to enjoy. In total, there were

14 rides and several games, providing something fun for everyone.

Ramirez said he found Milledgeville to be an enjoyable atmosphere. As the ticket-taker for "Wipe Out," he was happy to report that no one had "gotten sick" on his ride, although he recognized it was "very scary."

Nightly ticket specials were available, including a wristband for unlimited, all-day ride access, and along with operating hours of 5:30-11 p.m., it was quite a family-friendly event.

"I think the fair had a very positive effect on Milledgeville. It was awesome. Anyone who didn't experience this fair definitely missed out," Peterson said. "I can't wait to go next year."



DRAKE SIMONS / SENIOR PHOTOGRAPHER

The Ferris wheel was one of the most popular attractions at a fair at the Milledgeville Mall recently. Students, as well as families enjoyed the fair which was in town last weekend.

## SGA

*Continued from page 2...*

He also brought up his concern for future bills that request money.

"The next time 10 people come in here (asking for money)," Whittaker said, "is this going to set the precedent?"

Sabrina Atkins, chair of the Appropriation Committee, which reviews bills passed to it by the Senate, was not surprised by the outcome of the vote.

"It's up to the Senate, and it's what we expected," Atkins said. "It's not up to five (on the Appropriation Committee), it's up to 25 (senators)."

The Model UN bill was just one of three proposed and voted on.

The second bill was to allocate \$900 to

the Georgia College Association of Nursing Students for T-shirts for its first annual "Race for your Rhythm 5K." The bill was approved for referral to the Allocations Committee for further discussion.

A third bill to allocate \$840 for uniforms for the Student Night Auxiliary Patrol and was approved for the Appropriation Committee to review.

Other business brought up in the meeting was a proposal to move the time of class registration from 5 a.m. to 7 a.m.

"Other schools have much better systems," Atkins said, "(GCSU's) is like 'release the cattle!'"

President Pro-Tempore Marcus Green believes 5 a.m. registration "builds campus ethos" and fosters "competition" between students for the best classes.

The decision will be up to the Registration Committee and was tabled until next week.

## Wellness

*Continued from page 1...*

and other resources for physical activities.

The amenities are intended to expand on what the Depot currently offers students. Parking will be funneled to the existing lots surrounding the plot.

### It's been a long time in the making

Pre-planning for the center began in April 2007. Since then, facility planners, including previous SGA President Ryan Greene, traveled to other Georgia schools to research facilities that could be incorporated into a GCSU wellness center.

Earlier this semester, the state Board of Regents passed the fee, pending approval of the SGA Senate. If the student fee goes through, planning for construction will begin and breaking ground is set for April 2010. The center is slated for completion in Fall 2011, according to Judy Bailey of University Communications.

### Relocations to the facility

Health Services, the Depot's wellness programs and Counseling Services will tentatively relocate to the facility. This will bring all forms of health-related student services to one central location.

"One of the advantages is we'll be close to health services," said Director of Counseling Services Mary Jean Phillips. "We could start groups that walk (around the track) to control stress."

There are some concerns about moving Health Services. For example, it may be less convenient for students who do not frequent West Campus.

"I think there will be a learning curve," said Alice Loper, director of Student Health Services.

Beason Hall, the current home of Health Services, is expected to undergo renovations for whatever will move in next.

### Intramurals will benefit

The new facilities will allow for new intramurals such as volleyball, inner tube water polo, dodgeball, floor hockey, indoor soccer and possibly an NCAA volleyball team.

"If (the fee passes) we can offer more flexible schedules for intramurals, such as basketball, because we'll have the room for more participants," said Bert Rosenberger, coordinator of intramural and recreational sports.

### "Green" design

The entire facility will hold up to the Leadership in Energy and Environmental Design's standards. LEED measures insulation efficiency, transportation possibilities, waste management, resource management, air quality and other environmentally friendly regulations on a 100-point scale.

Meeting this standard raises the overall initial cost of construction.

Come voice your opinion  
at the SGA session.

12:30 p.m.

Wed. Sept. 30, 2009

Dogwood Conference Room

(In Student Activities Center)

# Students you have the right to VOTE in Milledgeville

Why vote here?

Why vote now?

Everything voted on by city council directly affects you!

This is your home right now. You deserve a voice.

Recent local elections have been separated by as few as eight votes.

Students are an integral part of this community. Be heard!

To register to vote  
in Milledgeville...

You DO NOT have to change your drivers license.

You DO NOT have to change your vehicle tag.

You WILL NOT lose any scholarships.

You CAN re-register in your hometown whenever you want.

Voter registration  
ends  
October 5<sup>th</sup>

It's simple; go to the Baldwin County courthouse and bring your I.D., or contact GCSU College Republicans or Young Democrats.

Paid for by the Campaign Committee to Elect Phillip Joiner

**Lab**

*Continued from page 3...*

two to four months for the results. The name of the project is the Canine DNA Project, in collaboration with Dr. Robert Wayne of UCLA.

The importance of finding out the DNA of the dogs will help further our understanding of the domestication of dogs.

"It will determine which modern breed is the closest relative. It will help us theorize if they were domesticated within the North American continent or if the Siberians brought them from Asia via the Bering Strait," Kim said.

GCSU was allowed the privilege of keeping the dog skeletons for display and study. GCSU's affiliation with the dogs is through Blick. Blick was one of the anthropologists who were able to work on the project. He contributed his efforts from 1976 until 1989.

"I actually did the excavations. I also excavated human remains," Blick said.

He worked with the Virginia Foundation for Archaeological Research. At the time, he was the only member from the group of employees to have his Ph.D.

He says he has greater priority and therefore was able to bring the bones back to GCSU.

The dogs would have weighed around 24 pounds and would have measured around 42 centimeters in height. The radio carbon dates, processed by the University of Georgia, show that the canine skeletons range from 1020 A.D. to 1273 A.D.

Although fascinating, these dogs are not the only items on display in the lab. Dr. Blick and his students are also working on other projects. Two of the main projects include the Archaeological Research on San Salvador, Bahamas, in cooperation

with the Gerace Research Centre of the College of the Bahamas and the Weyanoke Old Town Canine Osteometric Project, in cooperation with the Virginia Foundation for Archaeological Research, Inc.

Blick wants students to get involved with independent study, scientific presentations, and as co-authors of publications. Students will be identifying and measuring bones. If students are involved in the cooperation, they will have a chance to be published as a co-author, alongside Blick. The professor is also conducting archaeological research on San Salvador.



MARY BESS PARKS / STAFF PHOTOGRAPHER

Nettie Brill and Richard Kim do work and research in the new Archaeology Lab.

**Internships**

*Continued from page 2...*

place.

Another way to research internships is for students to investigate available options themselves. Britton Tuck, a senior community health major, researched foreign internships and was the first GCSU student to intern with the Foundation for Sustainable Development in Kenya, Africa.

"I knew that I wanted an international internship and I think international internships are harder to get — they're more competitive — so I started researching a year, year-and-a-half before for the right one," Tuck said.

Tuck mentioned the cost of the internship was a drawback, but the costs were offset by her passion for the foundation. The internship also contributed to Tuck finalizing her career goals after GCSU.

"It turns out, I love sustainable develop-

ment," Tuck said about realizing her enthusiasm for global health and interning abroad.

Berg said that internships are more prevalent for juniors and seniors, but added that starting to look earlier might be a good idea too. Students can take advantage of resources the Career Center provides such as internship fairs — like the one held recently — to learn more about local companies that take interns. Local companies such as Magnolia State Bank, The Union Recorder and Georgia Correctional HealthCare are some of the companies that look for perspective interns at GCSU.

It can seem daunting, heading into the workforce with a freshly-printed diploma, but with the skills internships can provide students, they can make the transition easier. One thing's for sure, planning ahead for the right internship is key to having a successful experience.

"If you really care about the organizations," Tuck said. "You'll do a heck of a lot more than you ever imagined."

**SGA budget**

*Continued from page 1...*

\$12,000 laying around to give to students to help them out. All they have to do is ask," Atkins said.

Upon applying for funds, RSOs must recognize the money is given on a reimbursement basis only and granted primarily for special events, travel, or one-time purchases.

Recently returning from a wakeboarding tournament in Orlando, Fla., captain of the club wakeboarding team and senior business major, Stephen Rhodes, expressed his opinion of the RSO funding and its effectiveness as the team seeks reimbursements from SGA for

expenses such as gas, lodging, and even new wakeboarding equipment.

"It would be easier if they could give us the money beforehand, but either way, if they didn't give us the money, we wouldn't ever have the opportunity to go to these tournaments," Rhodes said.

Though students are appreciative, few are skeptical as to why the organization has managed to obtain more funds while other university departments have experienced budget cuts.

In response to the examination, SGA said that its budget is based on the pool of money directly related to the increase in student activity fees for the current 2009-10 school year.

"It's hard to pinpoint right now where money will be invested because it's so early on in the senate season, but it's all going back to the students, that's the main part," Mullins said.

Seeking to more thoroughly serve the student community through this budget increase, SGA is contemplating creating a press secretary position. This position will deal more specifically with maintaining the SGA Web site, Facebook and Twitter pages.

Apart from reaching students through various media outlets, SGA remains persistent in brainstorming remedies to more efficiently relay any updated information back to their audience of GCSU students.

**Sodexo**

*Continued from page 3...*

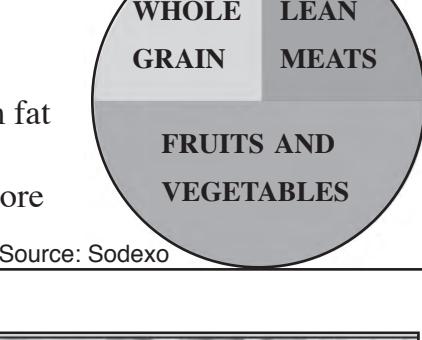
offers a four-week cycle of menus providing a balanced meal on a day-to-day basis. Meals are designed around the "The Balanced Way" program to ensure that all students are receiving a well-balanced diet. The plan suggests that meals be divided into 50 percent fruits and vegetables, 25 percent lean meats and 25 percent whole grains. The guidelines call for meals under 600 calories with less than 35 percent from fat and at least three grams of fiber.

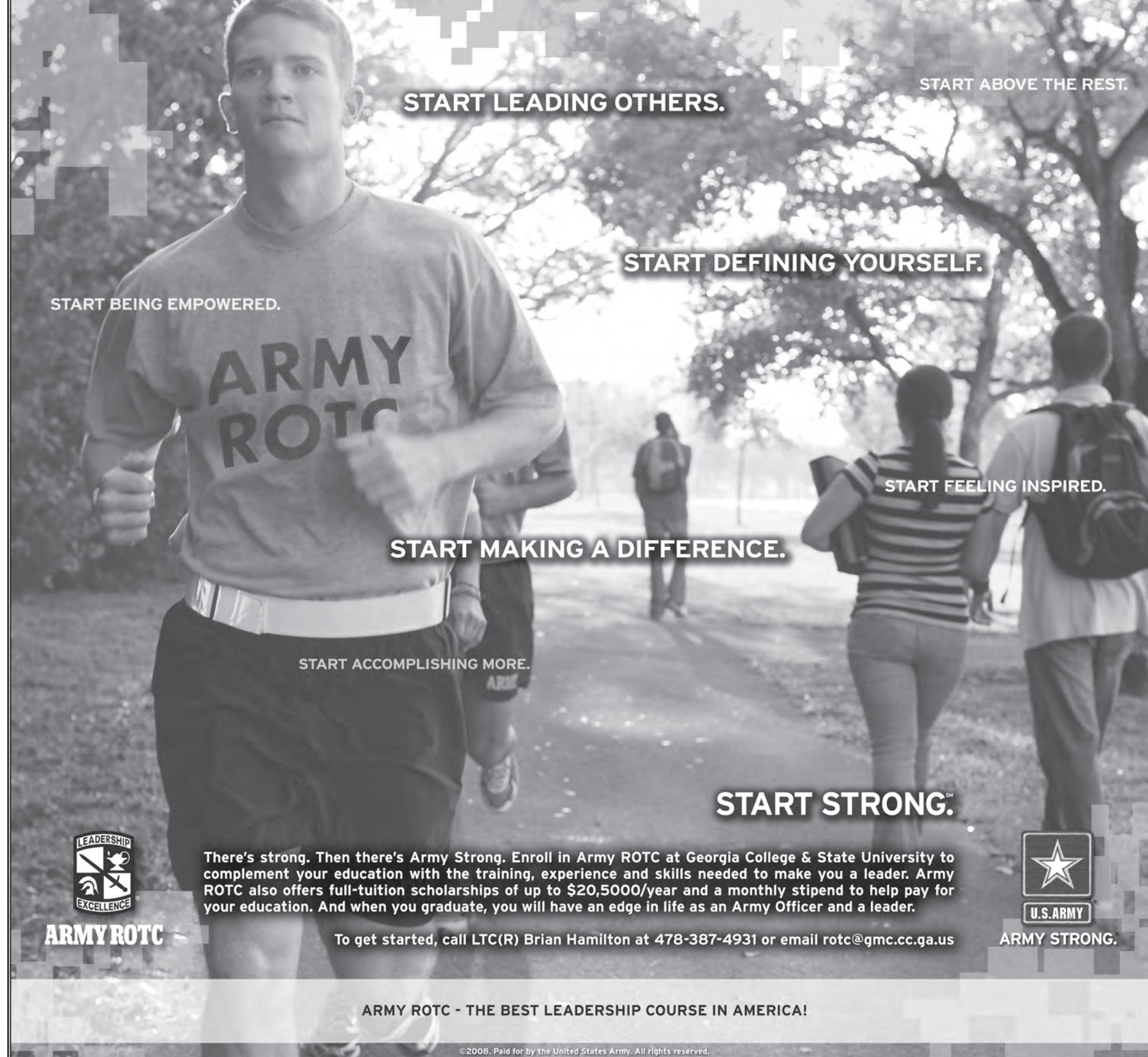
"There is a wide variety of all the

**"The Balanced Way" Meal**

- § Fewer than 600 calories
- § Less than 35 percent from fat
- § Three grams of fiber or more

Source: Sodexo





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**ARMY STRONG.**

# Health & Science

The Colonnade's Guide to Wellness

Friday, September 25, 2009

www.GCSUnade.com

Section Editor, Katelyn Hebert

## Inside scoop on Nursing students

### Nursing program challenges, fosters excellence

BY ZARA-GRAY ROWE  
STAFF WRITER

It's 4:30 a.m. and nursing students Ellany Peck and Ashley Brooks are waking up for their first clinical for the nursing program. They laid out their navy blue and forest green GCSU scrubs the night before, hoping it would save them a few extra minutes of sleep. The sound of the alarm resonates in the background as their hearts pound with excitement and fear.

This is the day they have been waiting for their whole lives – the day they finally get to wear the shoes of a nurse and watch their dreams come to life.

Peck and Brooks are junior nursing majors that have dedicated every waking hour to their latest relationship – with the nursing program. The life of a nursing student is hard work, but in the end, these students say, it all pays off.

"Not only do you have to care about and love what you're doing to be able to do what we do, but also be able devote a lot of time to it," Brooks said. "When you put this much work and effort into something, it just wouldn't be worth it if you didn't love it."

Peck and Brooks had expectations about the nursing program, but when classes began those expectations were long gone. Their classes, tests, professors, readings and even sleeping changed, but their love for nursing became even more evident.

"It's all about time management," Brooks said. "My friends may be going out Thursday night, but that no longer fits in my schedule."

Brooks and Peck stressed how important studying before and after their classes is.

"For every credit hour a class is worth, multiply that by three," Brooks said. "And that's only the minimum amount of studying we do every day."

The program demands a huge time commitment.

"The nursing program is like a relationship with your boyfriend," Brooks said.

Peck adds, "because more than likely you're not going to have one."

With classes and homework already hard enough to manage for the typical student, try adding clinicals. Nursing students typically do about 15 hours of clinicals per week.

"I am looking forward to clinicals," Peck said. "We will get to interact and practice all that we have learned finally."

In addition to clinicals, the program also offers other ways for its students to gain experience. This week the nursing students have taken on giving out campus-wide flu shots.

The effort is worth realizing a lifelong ambition. Since she was young, Peck knew she wanted to be a nurse.

"When I was 8 years old, my grandfather was in the hospital



MANDY ELLIS / SENIOR PHOTOGRAPHER  
Junior nursing majors Ellany Peck and Ashley Brooks practice their skills as nurses on a dummy. Brooks and Peck also worked this week giving out flu shots campus-wide.

with cancer. When I saw how the nurses were there for my family and I, it meant so much to me. I admired their caring actions toward my family and I knew that that's what I wanted to be like," Peck said. "I just had this feeling that I was called to be a nurse. To now know and experience everything they did to become a nurse is so encouraging."

The nursing program does everything possible to make sure their students stay stress free by having support groups and an intramural flag football team. The nursing professors meet with students if they make a low score on their tests and make sure they un-

derstand their mistakes.

Assistant professor Dr. Susan Steele dedicates her time to her students so they can succeed.

"We know how hard it can be sometimes," Steele said. "It's not about us - it's about them."

Being a nursing student is intense. Currently at GCSU there are 194 undergraduate students in the nursing program and 332 undergraduate pre-nursing majors. There are also 61 graduate students in the nursing program.

"I know the GCSU nursing program has a very good reputation and this school has a great foundation," Peck said. "They really know what they are doing."

## Eating healthy

BY KAREN SANCHEZ  
STAFF WRITER

It happens to new freshman. They're at the dining hall with the intentions of starting their new life away from home eating healthy. Then they take a wrong turn, walk by the pile of freshly baked chocolate chip cookies, the mouth-watering hamburgers, and the ever-popular pizza and in an instant their intentions are forgotten.

One thing many students realize when they come to college is that they are forced to fill their own hunger needs and at GCSU many turn to the Sodexo dining hall for refuge. For some students, eating healthy is something they've already learned to do. For others, control and healthy eating is something they need to learn.

To help with healthy eating, the Sodexo dining hall has many options for students. Sodexo also places nutrition facts on most of their food items. This allows students to determine whether a certain food benefits them or not.

University Health Educator Rachel Sullivan MED, CHES knows that healthy eating can be an easy task, one key is knowing that some choices are favorable to others.

"Limit sweets, you don't need them every day. Treat them as a special occasion or as rewards. Instead of fries get a baked potato; vary what you eat; go for color like fruits and vegetables. Also limit your drink choice, get water instead" said Sullivan.

Other things students can try are switching fried foods for grilled or baked foods, or drinking low-fat milk or soy milk, instead of whole milk.

Similarly, it is essential that students remember that skipping meals is not healthy.

"It's the worst thing you can do because you'll lower your basal metabolic rate and if you're trying to lose weight, you'll have more potential to gain it back," exercise science major

Justin Monsrud said.

If students skip a meal, they are more likely to have trouble concentrating in class.

"Try protein bars if you know you're not going to have time," Sullivan said. "Like a Clif bar," she added.

Experts recommend that when there is time for a regular meal, eat a variety of healthy foods. Get a balance of fruits and vegetables, proteins, grains, dairy products and even healthy fats, like olive oil, nuts or seeds.

"If you get a sandwich, go for 100 percent whole wheat or whole grain, go for salads, fruits or grilled chicken" Monsrud said.

Students need to be wary of portion sizes, because that is the easiest way students take in more calories than they need. Especially at restaurants, where they usually serve double the portion size that is necessary. In those situations, students can easily take in more calories than they originally planned to.

In between trips to the dining hall, it's common for most students to be hungry. There are plenty of healthy snack options that students can keep in their rooms. These include fresh fruit, granola bars, string cheese, oatmeal packets and even pudding.

Freshman Jenny Recinos knows that snacking is acceptable, as long as she knows what snacks to eat.

"Keeping snacks in my room is a big help," Recinos said. "I keep a lot of fruit and vegetables in my refrigerator, so I can snack when I want and still be healthy about it."

Eating healthy at school seems hard, but it is doable. Searching for food at the Sodexo dining hall shouldn't be a daunting task. Just follow the three simple rules: limit sweets, eat a healthy variety of foods and remember to exercise portion control. Soon, that wrong turn in the dining hall will be something of the past.

## Depot's personal trainers promote healthy lifestyles

BY ALEX TAYLOR  
STAFF WRITER

The Wellness Depot is a full-exercise facility for GCSU students, not to mention membership is already paid for by student fees.

The facility is equipped with free weights, cardiovascular and strength training equipment, and it offers personal training, free fitness assessments as well as educational and awareness programs.

As the assistant director of the wellness programs at The Depot, Amy Whatley uses her wealth of knowledge to advise students, faculty and staff about exercise and nutrition.

"The Depot is strictly for students," Whatley said. "Faculty members have the option of paying \$15 dollars a month to use the facility also. This is mainly because we don't have enough space to accommodate everyone."

Some upcoming events The Depot has created are jogging groups, women's health and fitness day, as well as men's health and fitness day. These events are free and are created for students and staff to learn about exercise and nutrition.

"I am in charge of coordinating the Bobcat Ramble," Whatley said. "With 249 participants this past year, it is by far our largest event."

Whatley also offers free wellness coaching which is



ALEX TAYLOR /  
STAFF PHOTOGRAPHER  
Julia Newman works out with trainer Julianna Stradley on the StairMaster.

a combination of nutrition, exercise and living well. Students and staff set three month goals to work toward and are encouraged to journal their workouts.

"I won't actually take clients back to the weight room," Whatley said. "But our phone calls will keep clients motivated to do the work on their own. I will be like their counselor, nutritionist and coach all in one."

Exercise science majors offer personal training based on an application process.

Currently The Depot has 25 student personal trainers, most of whom train a staff member and a student. The Depot tries to accommodate as many people as it can, but it has to work around the students' schedules.

The fee for personal train-

ing is \$120 for 12 weeks or \$60 for 6 weeks. At the completion of the session, there is an 85 percent reimbursement. Students and staff have to commit to at least two hours a week for training.

It is up to each individual on the areas of focus. Some clients want a trainer for weight loss, while others just want to tone muscle. Each trainer is required to create a schedule to accommodate their client.

Student trainers use what they have learned and what they are currently learning throughout their exercise science studies. Each trainer has to use 64 of their 130 clinical hours to train clients at The Depot or to work with a GCSU sports team.

Senior exercise science major Julianna Stradley plans on using her exercise science degree to move on to a career in physical therapy.

"I have really enjoyed training so far," Stradley said. "The hardest part about training is making a plan to fit each client's needs, but it's great to see clients achieve their goals and build their confidence."

Julia Newman, an English major, decided to use a trainer for extra motivation.

"I used to play soccer for the school," Newman said. "Since I stopped I wasn't able to duplicate the high intensity workouts on my own."

### BREAKING DOWN THE DEPOT AND PERSONAL TRAINERS

\$15/month for a faculty member to use the Depot	\$60 for 6 weeks with a personal trainer	85 percent of the personal trainer fee is reimbursed	25 student personal trainers at the Depot
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## HEALTHY LIVING



BY KATELYN HEBERT  
SENIOR REPORTER

If this looks new to you, don't panic, it's new to us too. This year, The Colonnade has added Health & Science pages that will run occasionally throughout the year. These pages are devoted to covering topics that are important to students involving health, fitness, science and technology.

Regular exercise and a healthy diet will not only lead to trimming that waist, but can improve your attitude as well. As college students, we often deal with daily stress and pressure, and healthy habits are one of the best ways to stay happy and positive.

In a world where our professors Tweet daily and our parents even have a Facebook page, it's important to stay savvy on the science and technology available to us. Being aware of these trends is the only way to stay informed these days.

If you have any suggestions or feedback on the section feel free to send your comments to colonnadeletters@gcsu.edu.

# Workout sessions promote fit living

BY RACHEL MOLDOVAN  
STAFF WRITER

Armed with tennis shoes and a need for speed, GCSU students find ways to workout and stay fit with upbeat exercise classes like core workouts, Zumba, Pilates, cardio and step.

Held in Centennial Center each week, students pay for the classes as part of their student activity fee at the beginning of each semester. Classes are scheduled Mondays through Saturdays and are taught by various volunteers, wellness majors and some paid aerobic teachers.

Another venue on campus for exercise is the Wellness Depot where students can workout at a time that fits their schedule.

Aerobic classes are coordinated by Allison Everett, a health and science professor at GCSU. Everett teaches various aerobics classes throughout the week.

"I've been here for 14 years and Allison has been in charge of the aerobics program since I can remember," Dr. Bruce Harshbarger, vice president of student af-



ALI NEWLIN / STAFF PHOTOGRAPHER

Students participate in a Pilates class held each week at the Centennial Center. Pilates has proven a good source of exercise and relaxation.

fairs, said. "She's great."

Instructor Barbara Coleman volunteers her time to teach Pilates at GCSU. Coleman is director of the Life Enrichment Center on North Jefferson Street, which supports adults with developmental disabilities.

"Exercise is a total-body wellness program," Coleman said. "There are psychological and physiological benefits to exercise. It's not just important for physical well-being, but for mental self-being as well."

Brad Williams, a friend of Coleman's and a member of the Life Enrichment Center, assists Coleman in teaching Pilates.

Pilates is a class taken barefoot that is

focused on easy breathing, flexibility and strengthening. It has many yoga elements, making the exercise peaceful.

"It doesn't seem like I'm working out when I do pilates," junior psychology major Samantha Laurmore said. "I feel relaxed after; it's a great de-stressor."

Laurmore tries to make it to a Pilates class at least once a week, but she also attends the most popular aerobics class at Centennial Center — Zumba.

Zumba is a high-energy, fast-paced dance-based workout that draws many students. Students occasionally dress in '80s wear to add more fun to the workout. The air is filled with fast-paced music, excitement and the sound of the instructor's voice through a microphone.

COME FEEL THE BURN  
IN AN EXERCISE CLASS

ZUMBA

Mon./Wed. 4:45 p.m.

Tue./Thur. 6 p.m.

ABS

Mon. - Thurs. 5:30 p.m.

PILATES

Mon./Wed. 4:30 p.m.

*Find the full schedule on GCSUnade.com*

"(Zumba) is the biggest class. It's packed. Sometimes it's hard to move because people are everywhere. I love it," Elena Andreyeva, a senior economics major, said.

Zumba is the most popular class, followed by an abdominal class, which is a 30-minute workout offered Mondays through Thursdays. The abs class is fast-paced and set to techno remixes of pop songs, making that 5-pound weight seem more inviting as the class moves through various core-strengthening workouts.

If students are looking for something more rigorous, however, Centennial Center also offers cardio, hardbodies and weight classes for a more advanced workout.

Aerobics classes are a fun and convenient way to stay in shape for students and the "teachers are always helpful and full of energy," Laurmore said.

## Student Health Services a valuable GCSU amenity

BY STEPHEN HUNDLEY  
STAFF WRITER

On a campus wracked with ravaging sniffles and bestial coughs, the GCSU student has a haven in Student Health Services. GCSU's Health Services building, has both the staff and quality supplies to treat any enrolled Bobcat's aches, shakes, bumps and bruises.

"I'm a nursing student, so I get all my physicals done here," nursing major Jeffery Dowdy said. "It's way faster than a private doctor, and it's already paid for."

Physicals are just one of the

many services offered at by Student Health Services. The center boasts an operational faculty of fully-qualified professional nurses, one of whom is director Alice Loper, who has been the director of Student Health Services for the past eight years.

"We offer episodic care for mild illnesses, mild injuries, specific symptoms, and monitoring for chronic illnesses (such as diabetes)," Loper said.

However, while the center can treat an abundance of ailments, in some cases students will have to make use of the local urgent care center, when x-ray equipment, among other things is re-

quired.

"We can handle all the typical college student illnesses — cold, sore throat, cough, bladder infection and the like," Loper said.

Health Services also handles the seasonal flood of flu patients.

"The patient count this year has doubled since the last flu season. We have sent around 80 students home with swine flu; most all of them are doing well now," the director said.

However, treatment is not all that Student Health Services does. A huge part of the service is its educational aspect, at the helm of which is Rachel Sullivan

MED, CHES.

"I'm in charge of health promotion and health education," Sullivan said. "I do a lot of programming in the residence halls, co-sponsoring of events and classroom education."

Yearly programs put on by or co-sponsored by Health Services include Health Fun (which is planned for the spring), Breast Cancer Awareness Month, Try It You'll Like It Month, and WHATS (Wellness and Health Activities and Things) going on this semester. WHATS, in particular, is drawing excitement from the Health Services staff, as it is the newest pro-exercise

effort and is a joint project with the Wellness Depot.

"All of these events are fun and free," added Sullivan. "Students should not be hesitant to take advantage of all that Health Services has to offer."

In addition to treating afflictions and educating the masses on healthier life choices, Health Services also gives out plenty of freebies, from hand sanitizer to condoms to brochures on a wide range of health-related topics. There are also many models, of everything from organs and bones, to cigarette tar and lung phlegm, that are available to students to both peruse and rent.

## Not Sure Where to Start?



We're here to help.

1850 North Columbia Street  
Milledgeville, GA 31061

478.414.1444

[www.bodyplex.com](http://www.bodyplex.com)

**GCSU STUDENT SPECIAL**

**NO ENROLLMENT  
& FREE T-SHIRT  
WITH THIS AD!!!**

**Offer ends 10.5.09**

## Our Voice

Unlike many other states, Georgia does not have to constantly worry about earthquakes, hurricanes or even landslides. Here in Milledgeville we remain especially untouched. Perhaps our nonchalance toward natural disasters has caused the recent flooding threat to create one of two reactions — worry in individuals or apathy in entities finding it a source of humor and speculation.

However, emerging pictures of the Oconee Greenway show that our "distance" from this issue is not so distant. Turns out, the issue could actually cause significant damage to many of our townspeople's homes and business properties. If the rain continues Milledgeville could have serious repercussions, perhaps leaving some people stranded or with large amounts of property damage.

As many news outlets reported, as of Wednesday, 10 people had died in the floods in the Southeast. One of the deceased was only 2-years-old and was reportedly ripped from his father's arms as their mobile home was swept away into a nearby creek. Is this a joking matter? Is the city of Milledgeville wrong for preparing our town for the worst as well? No. The truth is that this deluge has caused Gov. Sonny Perdue to declare a state of emergency in 17 counties in Georgia. Pleading for federal aid for the destruction and loss already endured, it is predicted that there is \$250 million worth of damage across Georgia.

University campuses spanning metro-Atlanta have had serious flooding issues, with some dorms being flooded and cars under water. According to state emergency officials, around 30,000 homes were without electricity due to the storms this week. In 72 hours alone 15 to 20 inches of rain cascaded over the rooftops of our nearby neighbor to the north and home for many students — Atlanta.

It is only reasonable to expect our city to prepare for the worst with such damage so close in proximity to us. Joking about Milledgeville's "premature worrying" is a foolish remark. Rather, GCSU and the city of Milledgeville should be thankful for any early steps that were taken in preparing for local flooding. Was it not a lack of early response and preparation that sealed the fates of many people when Hurricane Katrina hit the Gulf Coast?

As it is, the National Weather Service has declared that the Southeast flooding was "far worse than the hurricane-level damage from 2005." With this type of response, GCSU and Milledgeville are right to fret and plan against any repercussions from any future, problematic downpour.

Please send responses to [ColonnadeLetters@gcsu.edu](mailto:ColonnadeLetters@gcsu.edu).

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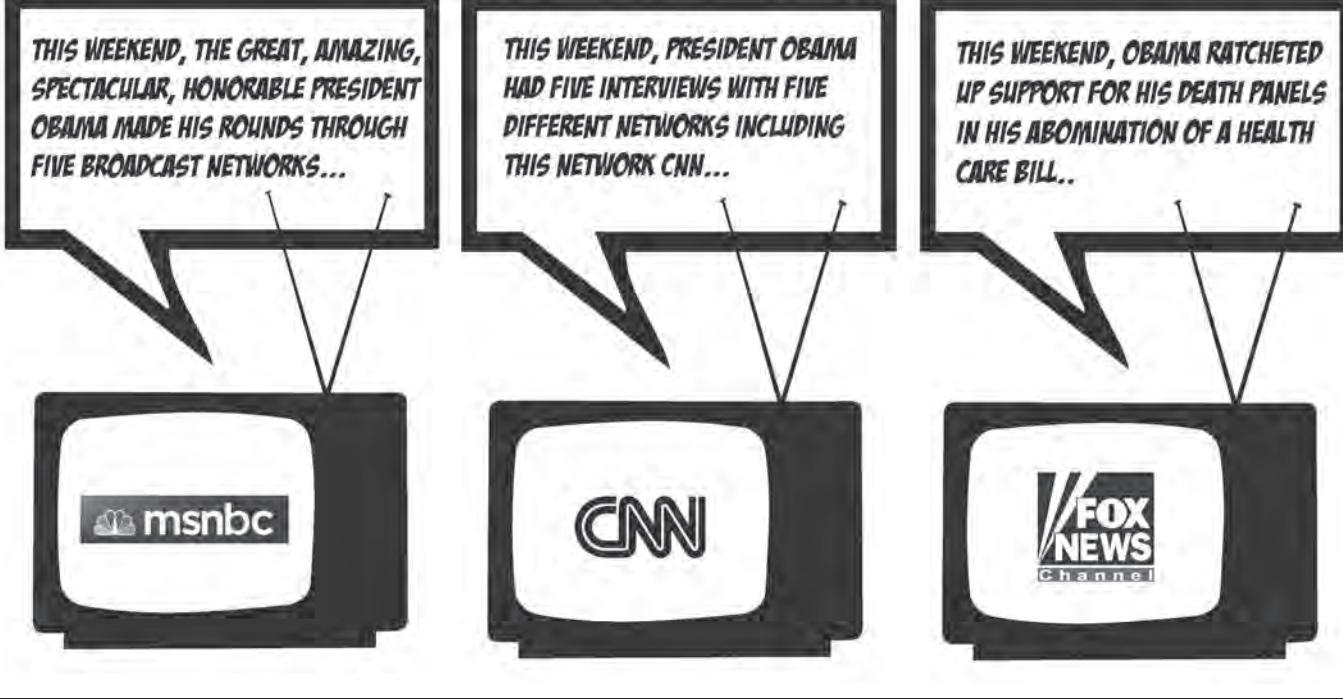
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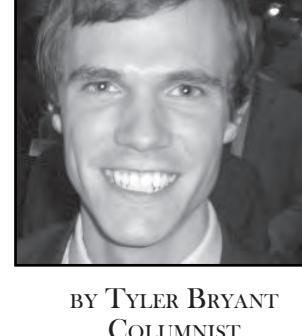
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## Independent Satire

by Ian Bridgeforth



## Carter's criticism hurts Obama



BY TYLER BRYANT  
COLUMNIST

Former President Jimmy Carter told NBC's Brian Williams he believes the criticisms of President Barack Obama, particularly those made by Rep. Joe Wilson, R-S.C., are racially motivated.

"I think an overwhelming portion of the intensely demonstrated animosity toward President Barack Obama is based on the fact that he is a black man," Carter said. Unfortunately, however, Carter gave nothing to

back up his claims, much like many Democrats who attempt to refute the criticism of Obama.

In case you have been living under a rock for the last few weeks, Wilson, who is opposed to Obama's health care reform, shouted, "You lie!" during Obama's address to a joint session of Congress earlier this month. You can think Wilson was wrong to shout at Obama like that, and let the record show I personally believe he was out of line, but to say that he's a racist is a desperate act. Shouting at someone is one thing. Blasting the man's motivations with ridiculous accusations of racism is another thing entirely.

I find it laughable that

when the far left hated

former President George

W. Bush, when they

booed him during his ad-

dresses to Congress and

when they used horrible language against him it wasn't inappropriate. The amount of anger and hostility against Bush was vastly greater than anything that Obama has endured in office.

It's even more interesting, however, because none of the Obama officials — Obama included — believe any of the criticism has anything to do with race. So, why is Carter pulling the race card here? Why are Obama's supporters causing him more harm than good? Obama needs to do more to refute these comments if he does in fact believe the criticism isn't racially motivated. His poll numbers are suffering because of his lack of addressing the issue.

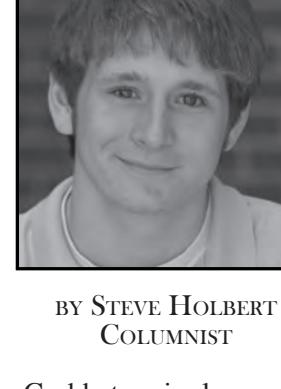
In an interview with CNN's Anderson Cooper, John Legend said he believes the opponents of the president's agenda

want it to be a race war because blacks would lose a race war. "We're only 12 percent of the country."

How can his claim be accurate? Americans are fed up with Obama's plans to push government-run health care without even listening to the majority opposition heard at tea parties and town hall meetings. Unless someone comes out and says a racial slur when talking about health care there is no legitimate argument to compare the two together. None.

At least we can call the president a "half-baked nitwit," according to the newly revised House rules when criticizing the president from inside the House doors. If you ask me, the Obama supporters, especially Carter, should apologize to Wilson and the American people.

## Satire column: Girlfriend application



BY STEVE HOLBERT  
COLUMNIST

God hates single people. Don't deny it. He's constantly taunting us. You go to the mall and see all those couples holding hands, baby talking and Build-A-Bearing, so you push them off the escalator and send them to hell or silently pray the condom breaks. In addition, television is constantly pressuring us into a love triangle — "Degrassi," "10 Things I Hate About You" and "True-Blood" (the interspecies love triangle).

Personally, I don't want two girls downtown fighting over me,

although it would give me some major street cred. I just want one girl. Let the applications begin.

THE OFFICIAL  
STEVE HOLBERT  
GIRLFRIEND  
APPLICATION 2.5

PLEASE ANSWER  
NEATLY IN GREEN  
OR BLUE INK: (I'm not  
racist, but black ink lacks  
personality.)

1. Name?

2. Age? (I don't usually  
ask, but there's a point  
where I could go to jail.)

3. Do you have female  
genitalia?

4. Were you born with  
female genitalia? If not  
please explain.

5. I am flying us on a  
romantic date to Paris —  
coach of course. You're  
overbearing mother  
decides to come along,  
and our plane is attacked  
by Decepticons. There are  
only two parachutes. Who  
do you save? (I have the  
power of flight.)

6. When in college did  
you ever experiment? If  
so, I do not have female  
genitalia.

7. Krispy Kreme or

Dippin' Dots?

8. SAT score.

9. Did you grow out of  
the goth kid phase, and  
if not may I perform an  
exorcism? The devil can  
be sexy.

10. The two of us are at  
a stranger's funeral. I fart  
during the eulogy. Would  
you take the blame?

11. We are at Cowboy  
Bill's trivia night, and  
you're in mid-answer  
when Kanye West inter-  
rupts you. Do you let him  
steal your moment, do  
you take him out, or do  
you wait for karma?

12. What is a Huff-  
fleppuff?

13. If I like it, can I put  
a ring-pop on it? (I'm a  
broke college kid.)

14. The two of us are  
running from an ax mur-  
der, and for some strange  
reason believe a sketchy  
looking house is the best  
hiding spot. We both hide  
in opposing closets and  
the ax murderer finds you.

15. Would you sneak  
meat into a vegetarian's

meal out of spite? Pure,  
unadulterated spite.

16. I am colorblind and  
the two of us go shop-  
ping. I pick up a pink  
shirt — so pink Stevie  
Wonder does a double  
take. I try it on and like it.  
Do you tell me it's pink?

17. Stevie Wonder  
chases me down for the  
previous statement and  
beats me up. At his next  
concert, would you pull  
the piano away from him  
while he's playing?

18. If you were a boy,  
could you understand? Or  
would you just pee stand-  
ing up?

19. Let's say you have  
an unhealthy fascination  
with Edward Cullen and  
his fourth-grade vocabu-  
lary. Would you bedazzle  
my naked body to make  
me glisten in the sun, or  
would you love me just  
the way I am?

20. Steve is awesome  
because \_\_\_\_\_.  
(500 words or less)

Please submit all an-  
swers to The Colonnade.  
The winner gets a bunch  
of yellow Starbursts.

## CORRECTIONS

- In the Sept. 18, 2009 edition of The Colonnade, in the marriage article on the front page, Brittney Denmark was said to work at BodyPlex, but she actually works at Fitness Plus.
- In the Sept. 18, 2009 edition of The Colonnade, the front page SGA article titled New SGA senators officially sworn in, the \$29 million dollars for a tentative wellness center will be taken from a possible student fee to be voted on by the SGA Senate Sept. 30 at the SGA Senate meeting. Also, the article was vague as to the location of the tentative wellness center. The center is proposed to be located where the parking lot directly outside the Village Market and West Campus pool currently sits. For further information, read this week's article on the front page.
- In the Sept. 18, 2009 edition of The Colonnade, in the article on military photographs, Charles Barkman's correct name is Travis Parkman.
- In the Sept. 18, 2009 edition of The Colonnade, in the article on improv, Erin Williams is the host, not Hillary Williams. Also, the troop does not practice stand-up comedy and Kat Lea's name was incorrectly spelled.
- The Colonnade strives for accuracy. If you feel anything we've printed or posted online at [www.GCSUnade.com](http://www.GCSUnade.com) has been reported in error, please contact an editor or send an e-mail to [ColonnadeNews@gcsu.edu](mailto:ColonnadeNews@gcsu.edu).*



## THE HAMMER TIMES

BY MICHAEL CHRISTOPHER

### LETTER TO THE EDITOR

Dear editor,

In response to "Tea Party Express off track (Sept. 18)" and amidst all the confusion and misinterpretations regarding the tea party protesters (and movement in general), I would like to throw in my two cents.

To the unconcerned and/or perhaps misinformed, the tea party protesters and their movement probably seems a bit foolish. After all, who honestly would want to travel all the way to Washington, D.C., to protest on a Saturday, though the heat, the teeming crowd, and the knowledge that the president could probably care less? The question arises, is it really worth it? Why continue to put so much effort into something that probably seems a thankless task? I would argue that these protesters, through their movement, are accomplishing two very important things.

First, these demonstra-

tions show concerned fellow citizens that they are not alone in their views despite the liberal media's attempts to lambast outspoken conservatives and ignore their growing supporters. These demonstrations show that there are many people out there, average American people, who agree that they've had enough of excessive government spending, among other things.

"We're in the midst of a political rebellion in America," House Republican leader John Boehner said at the Values Voter Summit in Washington.

It's not just important, but vital that word gets out to the American public. No rebellion can last long without supporters.

Secondly, tea party protesters are also helping educate the uninformed public about what's at stake rather than keeping silent and watching things steadily get worse. I'm very thankful for this. How easy it would

be — and still is for some people — to waive aside government problems and pretend they won't affect us. Where would we be without the efforts of determined people committed to taking America back from the path of socialism that it's heading down?

Yes, our economy isn't — nor was it ever — perfect, but the latest stimulus bill was not a wise choice to fix a country already trillions of dollars in debt.

After all, where is all this money going to come from? I tend to agree with William Weld's argument that, "there is no such thing as government money — only taxpayer money."

Hopefully people will soon see that there is "a time to be silent and a time to speak" (Ecclesiastes 3:7), and our time to speak is now. Our country very well could depend on it.

Kristin Cotton  
Sophomore, creative writing major

### LETTERS TO THE EDITOR POLICY

The Colonnade encourages readers to express their views and opinions by sending letters to the editor at: CBX 2442; Milledgeville, Ga. 31061 or by e-mail at colonnadeletters@gcsu.edu.

All letters must be typed and include:

- names
- address/ E-mail address

- telephone number
- year of study
- major

Only your name, year of study and major will be printed.

• Unsigned letters will not be printed. Names will be withheld only under very unusual circumstances.

• Letters longer than 300 words may be condensed.

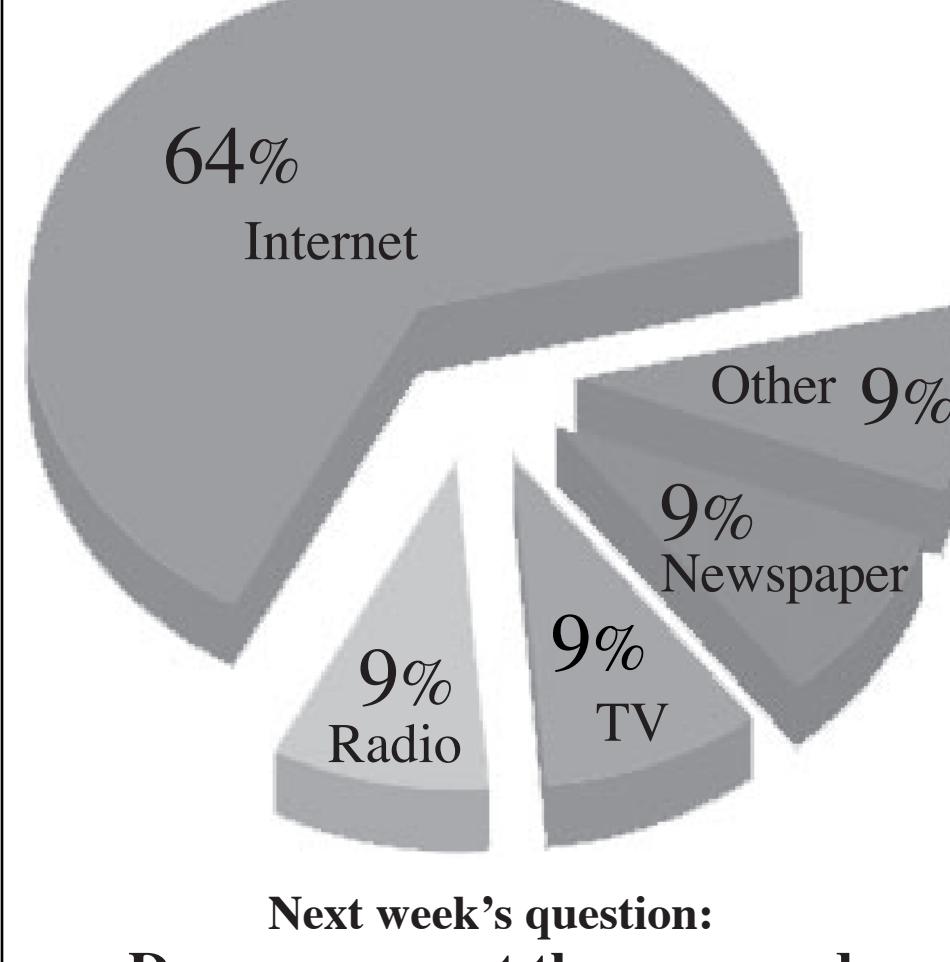
- All letters will be edited for grammar, spelling and punctuation errors.
- All letters become the property of The Colonnade and cannot be returned.

• We are not able to acknowledge their receipt or disposition. Letters will be printed at the discretion of the editor-in-chief.

### POLL OF THE WEEK

GRAPHIC BY CLAIRE DYKES

#### Do you follow GCSU Sports?



- Yes
- No
- What student fee? (see news section)

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Got more to say? Let us know with a letter to the editor! Send them to [Colonnadeletters@gcsu.edu](mailto:Colonnadeletters@gcsu.edu).

# Bobcat Beat

"How do you feel about using bikes as a method of transportation from home to campus?"



"Since I live in a house off campus, bicycling would be easier for most people, but I don't really like to ride bikes in the hot weather up hills, so I either walk or drive my car. I'm not a fan of riding bikes."

Hillary Davis, sophomore, English major

"It's good to ride a bike because you save gas and the cars are really crowded around Milledgeville."

Emily Tyler, sophomore, accounting major



"I think that the campus is small enough that bikes are pretty effective. But because it's small enough, there are not that many people riding bikes, so it's not that crowded. I definitely think bikes a good, quick and fun way to travel."

Mason Gerard, sophomore, political science major

"Bicycling is pretty import because I live about 10 blocks from campus, but last time I was riding my long board to class I got pulled over by Milledgeville's finest and got cited and got photographed and next time they catch me transporting to school on my long board I get a \$77 ticket."

Sean Connolly, sophomore, computer science major



"I've been riding bicycles as an avid mountain biker for 5 years now. I guess you could say it's kind of a passion for me. Now I do live at the Village and sometime the buses don't pan out, so it's a handy little piece of transportation."

Ricky Halkyard, sophomore, creative writing major

Reported by Russell Huffman

## The Litter Box

Instant Message with "ColonnadeVent"

ColonnadeVent  
Last message received at: 6:33:10 PM

Dear roommates, Is it really that hard to pick up your trash and throw it away? Isn't that like the first thing you learn in kindergarten? I'm 21 years old, and I feel like I have 2 kids that I'm cleaning up after all the time. Here's a radical idea: When you're done with that disgusting fast food, THROW IT AWAY and then maybe even take the trash out. Mommy would appreciate it. Thanks.

What is the deal with the wrecked blue car in the intramural field parking lot??? It's been sitting there for weeks!

I am a female. I enjoy Playboy and Megan Fox as much as the next guy. But this does not mean that you and I will be having a threesome with any of those women in the near future. And if I had the opportunity to be in bed with any of them, you would not be there and I would not tell you about it afterward.

Please God, tell me why I'm so stressed all the time.

Why on earth would someone actually want to go on a roller coaster in the first place? Thank God they're all destroyed by rain damage so I never have to set foot on that rickety, old piece of hell ever again.

HOLY CRAP! I have to find an internship and then start real life. What in the hell am I going to do?

Computers turn off for no reason, and my life sucks because of it.

Why isn't everyone as awesome as I am?

Want to vent about something? Send us a message about what's bothering you to screen name ColonnadeVent using AOL Instant Messenger (AIM), e-mail [colonnadeletters@gcsu.edu](mailto:colonnadeletters@gcsu.edu), with the subject 'Vent,' or Tweet to @VentGCSU.



# Features

The Colonnade's Guide to Art and Entertainment

Friday, September 25, 2009

[www.GCSUnade.com](http://www.GCSUnade.com)

Section Editor, Claire Kersey

## Shall we dance?

### Tango Gala kicks off Hispanic Heritage Month



MATT ROGERS / STAFF REPORTER

Rick Wilson led by example as he showed the dancers the proper tango techniques. The tango lesson was offered free of charge to GCSU students last Friday night through a sponsorship from the Salsa and Latin Dance Club, the Office of Institutional Equity and Diversity, and the Latino Student Association.

BY CLAIRE KERSEY  
SENIOR REPORTER

The sounds and steps of tango kicked off Hispanic Heritage Month on Sept. 18 at GCSU. The Tango Gala brought instructors Rick and Lynda Wilson to Milledgeville to give students a taste of a new kind of dance.

The gala was held in Magnolia Ballroom, and members of the Salsa and Latin Dance Club facilitated the event.

"We've never offered it and we wanted to learn," Melissa Rorick, co-president, said.

Tango dancing piqued the interest of two of the club's members who attended the Wilsons' workshop in Atlanta. Co-president Rebekka Ragusa was one of the members who attended the class and she said she thoroughly enjoyed it. She thought it would be a good activity to bring to GCSU.

"It's not necessarily a set thing you have to feel while dancing. It's refreshing," Ragusa said. "We decided it would definitely interest people."

With the help of the Latino Student Association and the Office of Institutional Equity and Diversity, the event was offered free of charge to the public. Dancers both young and old were able to take part in the lesson.

"They normally charge \$10 a person, so we wanted to bring it to campus," Rorick said.



MATT ROGERS / STAFF REPORTER

Rick and Lynda Wilson demonstrate their moves on the stage in Magnolia Ballroom. They have been dancing tango together for more than 15 years.

The Wilsons teach tango at the Atlanta Ballroom Dance Center and brought 13 years of teaching experience to the table. They both love tango for different reasons and come from dance backgrounds.

"(My favorite part) is helping people realize the freedom of movement and joy of music," Lynda said.

Tango has a way of bringing people together and approximately 30 people came out last Friday night to learn the ropes. Some were regulars, others came for the first time.

"I've been going since the first night. It was a must for me," Sean Corbett, a freshman creative writing major, said. "I love dance and Hispanic culture."

Students found learning a new form of dance rewarding. Freshman chemistry major Amelia Zuver came to the gala to "learn a partner dance you'll be able to do forever."

The Wilsons explained the different tempos of tango and offered three demonstrations before delving into the basics. They showed everyone what they would learn, dancing with nearly soundless steps that gave the appearance of gliding.

They stressed the importance of standing tall and taught their eager students to shift their weight and listen for the rhythm. Dancers were attracted to the sounds and movements of the genre.

"It's really the rhythm and emotion and the art of it all," Corbett said.

As the night went on, they moved on to perfecting the glide across the floor, and paired up with partners. The male to female ratio was nearly even, allowing everyone to have a chance to dance with someone of the opposite sex.



MATT ROGERS / STAFF REPORTER

Freshmen Sean Corbett and Amelia Zuver perfect their tango technique. They were two of approximately 30 people who came to dance.

No Latin dance lesson would be complete without a little Spanish lesson. Terms such as "alta" (tall), "derecho" (straight) and "tranquilo" (calm) were interspersed throughout the evening.

After learning the basics, the dancers practiced their new moves, prodded along by gentle coaching from the Wilsons. They danced in a circle around the perimeter of the floor and eventually spread out to take up the center. The lesson was kept informal and the Wilsons openly answered people's questions.

"There's no freaking out in tango!" Lynda said.

Students left with newfound knowledge and experience with a new activity that many had never tried before.

The gala was the first event to commemorate Hispanic Heritage Month, which runs from Sept. 15 – Oct. 15. Other upcoming events include a lecture on the Latino student experience, a Hispanic/Latino symposium and another night of Latin dance and music.

Visit [GCSUnade.com](http://GCSUnade.com) to watch a slideshow of the tango gala.

## 'The Smiles' to make debut at GCSU

BY ALEX COOK  
STAFF WRITER

Based on a true criminal trial, "The Smiles" is the story of a fallen minister who abuses his wife. The modern play is an original piece written by playwright Karla Jennings, who was a reporter on a criminal case that left her searching for answers.

After much research, Jennings began putting the story of "The Smiles" together, creating a disturbing tale combining a court-room drama similar to the television shows "CSI: Crime Scene Investigation" and "Law and Order."

"This disturbing play is not for everyone. It is for mature audiences only, due to content," Karen Berman, department chair of theater, said.

Though this play may not be for all audiences, it was chosen by the theater department and David Muschell, a professor in the English and rhetoric department, out of many other submissions as part of a contest. The GCSU performance of "The Smiles" will be the premiere of the play, and the playwright has been sitting in on practices to rework or rewrite parts that do not convey the correct message.

Berman explains that she hopes that all who come into contact with the play learn about human behavior and how to extract themselves from oppressive or abusive relationships. She went on to say that she hopes students realize that redemption is possible.

"I'd say the moral of the story is finding love for one's self and the freedom that that holds," Iona Pendergast, the play's director and a professor of theater, said.

As a result of "The Smiles" being chosen, it received the nationally competitive Pillars Playwriting Prize, which includes a university workshop production. Jennings has recently visited the GCSU campus, working with all those involved with the production in order to continue the work on her play.

"It has been intimidating working with the playwright because not only is the director telling you what you're doing wrong, but the person who actually wrote it is too," Elisha Hodgin, a senior theater major, said.

Though this is the first time the show will be performed, a couple of members from the cast say that there is no more

pressure than any other show. Hodgin claims that she is more concerned about when or if the show is performed elsewhere and how others will be looking to her for example.

Nicholas Marrone, a junior theater major, has many "Nic-isms" that could not be brought into the show this time. Marrone commented on this, explaining that his normal stance is naturally tense with rigid angles and he has really had to learn to relax his body and move in an entirely different way.

"I've tried to break the actors' habits and make them seem almost unrecognizable to the audience. I've tried to put new faces on old faces," Pendergast said.

Many older faces are in the production with a couple additions of upperclassmen from other majors, no freshmen have been added to the cast list because auditions were held near the end of last school year. The process was done this way so that the actors would have the scripts to work on over the summer and rehearsals began this semester. Rehearsals have been

*Smiles* page 12

## Documentary sheds light on plight of children in Uganda

BY LYRIC BURNETT  
STAFF WRITER

Actual invisible children are not something we need to worry about at GCSU, but it is a serious cause that students across the United States have begun to take action against.

The GCSU American Humanics Student Association is sponsoring a screening of the Invisible Children documentary "Rough Cut" on Sept. 28 at 7 p.m. in the GCSU University Banquet Room.

"Rough Cut," the original Invisible Children documentary, tells the tragic story of night travelers and child soldiers in northern Uganda. The night travelers try to escape the fate of becoming a child soldier. Joseph Kony, head of the Lord's Resistance Army, is in a guerilla warfare struggle against Ugandan President Yoweri Museveni. Over 30,000 children in the East Africa country have been abducted and forced to fight in the LRA. The Invisible Children organization and the "Rough Cut" documentary were created to bring awareness to the challenging problems being faced in this area and to help create change.

"Showing 'Rough Cut' has the potential to show GCSU students how we can make a change in the lives of these children despite the physical distance between us," Whitney McCullough, president of American Humanics, said.

McCullough teamed up with senior psychology major Meagan Shorey, who contacted Invisible Children and arranged for the visit to GCSU during the group's tour.

"I wanted Invisible Children to be sponsored by a group that would bring in all types of people," Shorey said. "Since American Humanics has people who want to work with nonprofit, I thought it would be a perfect way to involve the organization with our community and the campus."

*Invisible* page 12

**THE SMILES** SEPT. 30 - OCT. 3 @ 8 PM OCT. 4 @ 2PM **RUSSELL AUDITORIUM**

GRAPHIC BY SARAH GIARRATANA



RUSSELL HUFFMAN / STAFF PHOTOGRAPHER

Kevin Johnson, left, and Nathan Wilcher, right, prepare a plate of barbecue for Jesse Laudino, rear. The barbecue raised money for Drew Leathers, a former student who is undergoing treatment in Atlanta for Schwannomatosis.

## Barbecue for Drew charity event benefits former GCSU student

BY MEREDITH BARNES  
STAFF WRITER

Barbecue for Drew was a charity event held in honor of former GCSU student Drew Leathers, who has a condition known as Schwannomatosis. Schwannomatosis is a form of neurofibromatosis and is characterized with tumors on spinal, cranial and peripheral nerves. It is a rare disorder only known to affect one in every 40,000 people.

Leathers' friends held a Sept. 18 event to raise money and awareness for his cause. Four of his friends, graduate student Nathan Wilcher, senior nursing major Brandon Thomason, senior biology major Kevin Johnson and senior environmental science major Maxwell Mangrum extended their hands and hearts to organize the event.

"He's our friend and has a terrible disease, but his spirits are high," Wilcher said. "We will never be able to relate to what he is going through but this is something we can do."

Leathers was said to be completely unaware of the fundraiser, as he

is residing in Shepherd Spinal Center in Atlanta undergoing treatment. This made it easier for his friends to distribute fliers around the GCSU campus without Leathers knowing.

"We will pick a time this week that will be good for him and go to the hospital to present him with the check as well as a banner people have signed and a video we have made for him," Mangrum said.

The event was held at 353 Doles Boulevard. Those attending were encouraged to make donations, buy a raffle ticket and enjoy a hearty helping of barbecue. Raffle tickets could be purchased for \$1 each. Barbecue plates could be purchased for \$5 and included a barbecue sandwich, baked beans and potato chips. About 100 plates were purchased and all of the funds raised will go directly to Leathers and his family.

Not only did Leathers' friends collect contributions to finance and supply the barbecue, they were also given donations to use in a raffle. Scoops provided a gift basket and Amici Italian Cafe provided

ed gift cards to go toward the raffle. A Satterfield's Restaurant and Catering, of Macon, donated a 55-pound pig to supply the large amount of meat needed for the barbecue.

"I was really surprised at how willing the businesses were to donate," Johnson said.

Leathers and his family have created a foundation for Schwannomatosis with a Web site ([www.tumornators.com](http://www.tumornators.com)). Documentation of his journey with Schwannomatosis can be found there. The Web site also allows for donations to be made to go toward the Tumornators foundation.

"Knowing him, he will put everything we raise to Tumornators because that is what he and his family always do with everything they are given," Thomason said.

Events such as these bring reflections of hope and high spirits to the center of struggles, reminding us to extend our kindness to those in hardship. Thanks to the hearts of some GCSU students and others, one more step has been taken to make our world a better place.

## Annual Pet Walk, festival to aid Animal Rescue Foundation

BY CHRIS CASH  
STAFF WRITER

The Animal Rescue Foundation hopes to raise \$5,000 for veterinary bills to prepare animals for adoption at this year's Pet Walk and Festival at the Oconee River Greenway and Riverwalk, which takes place Oct. 3.

Past events failed to draw significant crowds, but organizers are hoping for a better turnout this year.

"We hope with a new location that is pet-friendly and a new fundraising system for our Pet Walk will help revamp this event," ARF President Bobbie Thompson said.

Instead of charging a flat \$25 registration fee, as in past years, ARF has switched its Pet Walk over to a pledge system. The pledges will start at \$25 and max out at \$500. Walkers who pledge can walk with their own dog, walk with a photograph or keepsake of a dog, or walk with a dog from ARF that is up for adoption. Pledgers can also sponsor walkers if they don't want to walk themselves.

Many of the volunteers are students at GCSU like Andrea Koontz, a junior English major.

"I enjoyed volunteering at ARF a lot and I was very passionate about it," Koontz, who volunteered over the sum-

mer, said. People get the impression that volunteering for ARF is cleaning up after the animals, but Koontz said ARF volunteering only includes walking with the dogs and playing with the cats.

The volunteers have to follow a mild dress code, which includes long pants, tennis shoes and no long jewelry.

"It's a bittersweet reaction to see some of these animals go," Koontz said.

Taylor Boggs, a second-year business student, adopted an Australian Shepherd and Labrador mix named Bourbon from ARF two months ago.

"Bourbon, formerly known as Jefferson at ARF, looked very playful, energetic and very well taken care of when I brought him out of the cage," Boggs said.

The application for adopting a dog requires a fee of \$100.

"I adopted from ARF because I like saving dogs' lives," Boggs said.

Following the Pet Walk, a festival will be held at the new Oconee River Greenway. Everyone can enjoy a picnic with hamburgers, chips and other picnic items on the Greenway.

Local vendors will be selling arts and crafts including jewelry, scarves and purses. ARF will also have a tent selling its new 2010 calendar and new Christmas ornaments. ARF will also include an information table on pet care, ARF adoptions and volunteering at ARF.

GRAPHIC BY SARAH GIARRATANA

### Pet Walk and Festival: Oct. 3 at the Oconee River Greenway and Riverwalk

**Visitors can walk with  
their pet, photo of a pet, or  
a pet up for adoption. ARF  
encourages walkers to  
donate \$25 to \$500**

**Local arts and crafts  
vendors will sell arts and  
crafts, jewelry, purses and  
scarves.**

Graphic by Sarah Giarratana

## Spotlight

By Stephanie Sorensen

### Chili's lends a helping hand



COURTESY OF CHILI'S

**5K Run / Walk is on  
Saturday, Sept. 26 at  
9 a.m. for \$20  
to benefit St. Jude's  
Hospital**

During the month of September, Chili's Grill and Bar franchises across the nation are collaborating with St. Jude's Hospital to raise money for the organization.

On Sept. 28, Chili's in Milledgeville will host a fundraiser on all entrees purchased with proceeds going to St. Jude's.

Chili's has hosted other fundraisers and plans to have a 5K run/walk to raise further funds for St. Jude's. The run will be held Sept. 26 at 9 a.m. with a one mile fun run at 8:30 a.m.. The Run will be \$20 for the 5K and \$15 for the fun run. Due to the recent flooding, the location is tentative.

*"As a mother it hits home to me. We're passionate about helping the kids that really need it."*

**— Tabitha Cullens, Chili's service manager**

## If a tree falls in a forest...



Photo Credited to Ginny Glasser

Advertise your next event in The Colonnade and make sure everyone hears about it. Great deals for RSOs and Non-Profits!

**THE  
COLONNADE**  
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# Students book it to library fair for bargains

BY DANIELLE PALUGA  
STAFF WRITER

The start of fall means new books for many people since cooler weather leads many to stay indoors. A book lover often goes broke supporting their habit, but how better to indulge your inner book hoarder than by supporting a good cause?

On Sept. 19 from 9 a.m. to 2 p.m. Milledgeville's public library held a book fair. Barry

Reese, the library director, explained exactly where the proceeds of their sales go.

"Every penny goes to the Friends of the Library," Reese said.

The Friends of the Library is an organization whose main mission is to support the community. One of the ways it does this is to pay for all the prizes for the vacation reading program. The reading program happens every summer and children from around Milledgeville are invited

to participate. They can read up to 50 books to receive the special prizes that the Friends of the Library buys.

Volunteers from the group run the fair. Kell Carpenter, the reference librarian, said that Mary Vinson Memorial Library has the best prizes thanks to this fundraiser. Their ultimate goal is to encourage children to read more. This year the book fair

and the money it raises are more important than ever.

"We used to get grant money from the state, but we had to file a budget cut," Carpenter said.

Tough economic times have hit the library hard. Carpenter explained the importance of the vacation reading program because the prizes promote incentives for the children to read more.

"We've set a record every year that we've done the fair for the past few years. Last year we raised \$8,500," Reese said.

This year was no different, with over \$8,800 raised. The fair has been a tradition for 29 years. Members of the community donate books for the fair.

"There are two storage sheds full of books to sell plus a storage room in the library building itself," Reese said.

Paperbacks sold for 50 cents each and hardbacks sold for \$1 a piece, but for \$5, visitors bought a "bargain bag," into which they crammed as many books as they could fit.

The day of the fair the weather was hot and sticky, but that did not stop people from show-



TAYLOR EHRAMJIAN / STAFF PHOTOGRAPHER

Students and Milledgeville residents alike took advantage of the low prices on books. Hardbacks sold for \$1 each, and paperbacks sold for 50 cents each.



TAYLOR EHRAMJIAN / STAFF PHOTOGRAPHER

Thousands of books were available for sale at the library fair last Saturday. Bargain bags were \$5, and people could put as many books as they wanted in the bag.

## Smiles

*Continued from page 10...*

packed in due to the limited amount of time given to work on this production.

According to Hodgin, the process can be very emotionally draining for the actors, due to the story as well as the amount of time the cast puts into the production. Adding to their work load, having Jennings on set caused little changes in the script, which required some adjusting.

"The changes just make you focus more and make decisions on what to do differently," Marrone said.

CHECK OUT GCSUNADE.COM TO READ ABOUT THE FINE ARTS MUSEUM AND CHRIS MOSKALY'S REVIEW OF 'SURROGATES.'

Jennings has left campus for the time being, but will be returning for the opening Sept. 30 at 8 p.m. This is not the only event surrounding the production, which will also be performed through Oct. 3 at 8 p.m. A final performance will then be held on Oct. 4 at 2 p.m. in Russell Auditorium. Other events include a brown bag lunch with speakers and a talk-back session that will be held after each show where professors from various departments will try to assist everyone's understanding of the production after each show.

"We are doing everything to create an academic experience as well. It is not just a play," Pendergast said.

## Invisible

*Continued from page 10...*

American Humanics is a certification program open to any undergraduate student interested in a career in nonprofit management.

"The American Humanics program prepares students to become nonprofit leaders through related course requirements, leadership opportunities, internship experiences and scholarships," McCullough said.

Invisible Children is a nonprofit organization that American Humanics is proud to sponsor at GCSU. Organizers hope that the event will cause students to

be encouraged and empowered to take their responsibility a step further and participate in the Global Symposium, featuring Invisible Children, in February.

"Not only is Invisible Children a great cause, they help young people realize their passion and have the confidence to give their time to other people," Shroyer said. "That's what we all desire."

Lauranne Boyd is a regional representative for Invisible Children. She, along with three other students, has volunteered a semester to travel the country unpaid, and screening a short documentary they believe in.

"'Rough Cut' raises awareness about Africa's longest-running war where children are being abducted as child soldiers," Boyd said.

Boyd believes in the cause and wants to make a difference.

"What's so beautiful about Invisible Children is that we're not merely raising awareness, the organization is sincerely changing lives," Boyd said. "Invisible Children is challenging our generation to think differently, to approach life thankfully and to live actively to bring the thousands of children in northern Uganda home to enjoy a restored life free of violence and war."

**the Hummingbird**

9.23.0 **Ladies night with Team Trivia & Chris Hicks**

9.24.09 **Deepwell**

9.25.09 **LORD T & ELOISE w/Old Flame**

9.26.09 **Romeo Spike**

9.30.09 **LADIES NIGHT DRAG QUEEN BINGO with DJ OLD FLAME**

10.01.09 **Come On Go With us**

10.02.09 **Mic Harrison & The High Score with Tim Lee 3**

**BRING this AD in and get FREE COVER and one FREE well drink!**

10.03.09 **Abby Owens Band with Mic Harrison & The High Score**

10.07.09 **LADIES NIGHT DRAG QUEEN BINGO with DJ OLD FLAME**

10.08.09 **Hayshaker with The Georgia Pines**

10.09.09 **Josh Roberts & The Hinges**

10.10.09 **Molly Stevens and Friends, Alzheimer's Memory Walk Benefit.**

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# Community News

Milledgeville Weekly

Friday, September 25, 2009

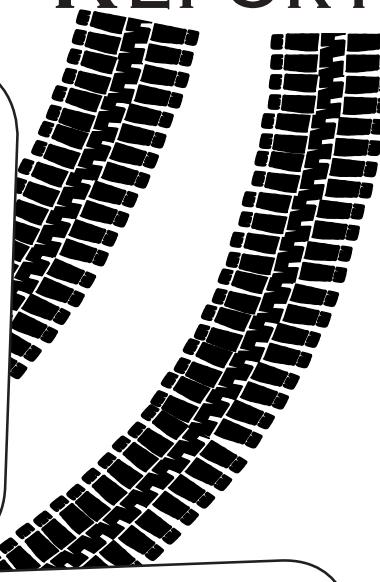
[www.GCSUnade.com](http://www.GCSUnade.com)

Editor, Ryan Del Campo

## PUBLIC SAFETY REPORT

### ONE TOO MANY

On Sept. 20 at approximately 2:35 a.m. Sgt. Brian English observed a vehicle disregard a traffic control device at Jefferson and Montgomery streets. A traffic stop was initiated and contact made with the driver. According to Public Safety, it was determined that the driver was under the influence of alcohol. He was arrested and transported to Milledgeville Police Department and charged with driving under the influence. The vehicle was secured and parked in a legal parking space.



### IT'S NOT MINE!

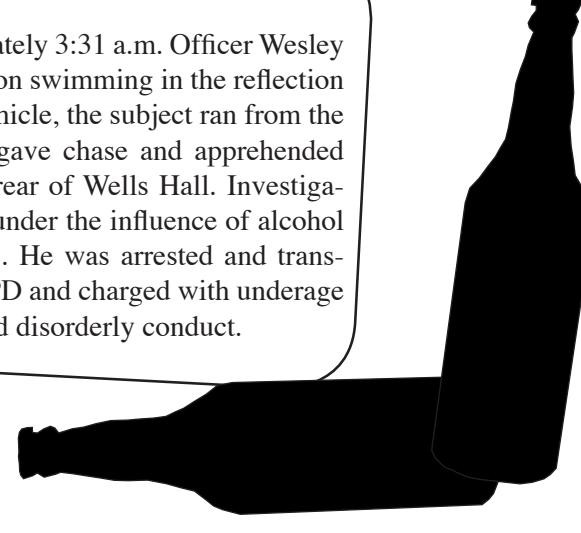
On Sept. 16 at approximately 10:29 p.m. Sgt. Tamara Pissott was dispatched to the Bellamy Apartments in reference to drugs found on a resident. Contact was made with a male, who advised that the marijuana was given to him earlier at a party in a different apartment. He was arrested and transported to Milledgeville PD. A multi-colored smoking device, lighter and a shot glass containing marijuana were placed into evidence.

### SHOWER SITUATION

On Sept. 22 at approximately 5:31 p.m. a student reported that another student in Bell Hall had been in the shower for a long time and was not responding to knocks on the door. Sgt. Brian English and other officers were able to make contact with the student, who was pale but conscious. EMS and Counseling Services were called. The student was transported to Oconee Regional Medical Center for evaluation.

### MIDNIGHT SWIM

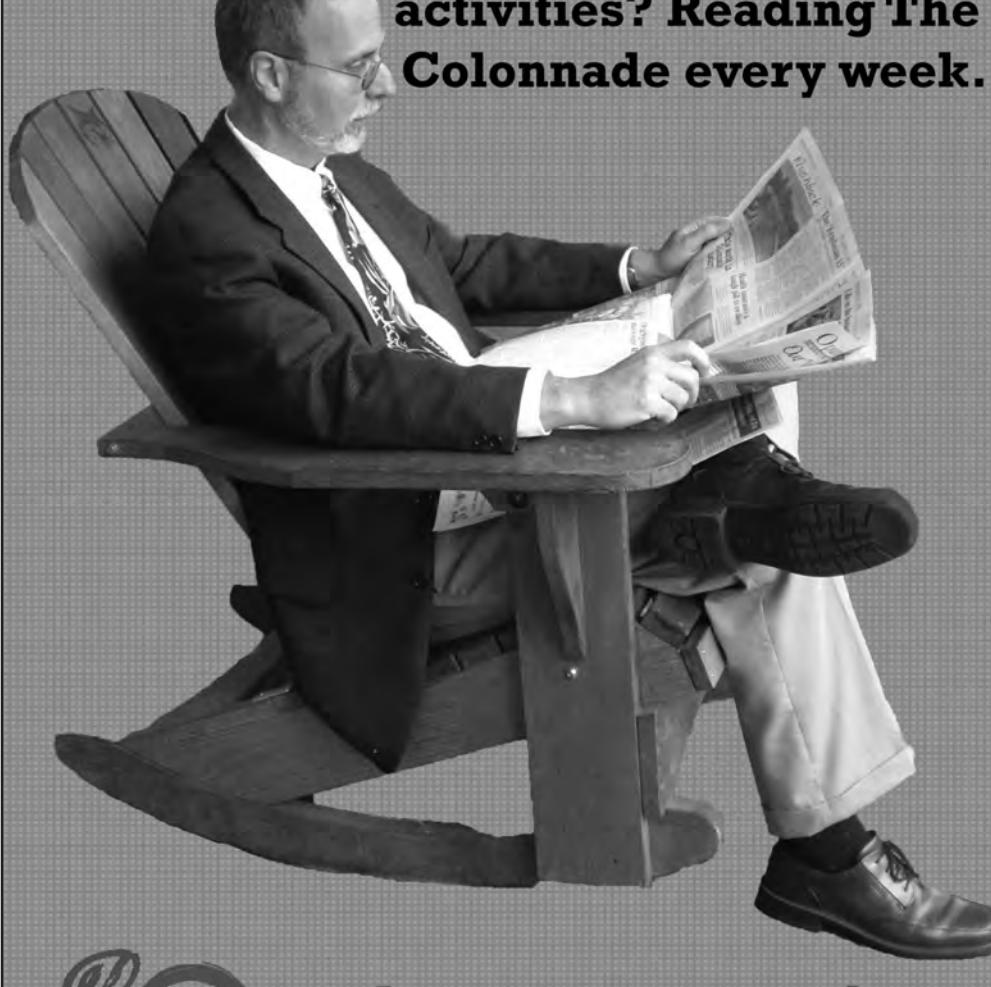
On Sept. 19 at approximately 3:31 a.m. Officer Wesley Ransom observed a person swimming in the reflection pool. As he exited his vehicle, the subject ran from the scene. Officer Ransom gave chase and apprehended the male student at the rear of Wells Hall. Investigations found that he was under the influence of alcohol and under the age of 21. He was arrested and transported to Milledgeville PD and charged with underage possession of alcohol and disorderly conduct.



Information based upon a submission to The Colonnade by Public Safety.

## READ

**What is one of Dr. Bruce Harshbarger's favorite activities? Reading The Colonnade every week.**



**The Colonnade**

Pick up The Colonnade every Friday morning.

## WHAT'S HAPPENING

**Friday, Sept. 25 - Thursday, Oct. 1**

### Monday, Sept. 28

7 p.m. Invisible Children movie screening- MSU dining hall

### Tuesday, Sept. 29

8 a.m. Mock interviews with BB&T- 232 Lanier Hall

6-9 p.m. Murder Mystery Dinner Party- The Den

7:30 p.m. Guest recital: Kelly Via: flute, Ellen Forster: harp- Max Noah Recital Hall

### Wednesday, Sept. 30

12:30-1:30 p.m. Careers in Focus Series: Computer Science- Atkinson 106

12:30-1:30 p.m. Times Talk: Kindle Controversy- Beeson Hall lower level

7:30 p.m. Wesley Foundation Student Ministries meeting- MSU

8 p.m. "The Smiles" theater performance opening night- Russel Auditorium

### Thursday, Oct. 1

Domestic Violence Awareness Month and Disability Awareness Month Begin

6-10 p.m. Ladies Lawn Night- between Foundation and Parkhurst halls

7-9 p.m. Film presentation: "Sin Nombre"- A&S 275

Please send calendar submissions to [colonnadenews@gcsu.edu](mailto:colonnadenews@gcsu.edu).



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# Sports

The Colonnade's Guide to Athletics and Recreation

Friday, September 25, 2009

[www.GCSUnade.com](http://www.GCSUnade.com)

Section Editor, Preston Sellers

## Two thrillers highlight win streak

*Bobcats use late goals to defeat strong opponents, gain winning record*

BY SAM HUNT  
STAFF REPORTER

The GCSU soccer team played a pair of overtime games last weekend and came away with a victory in each.

The first victory for the Bobcats came Friday night at the University of West Georgia. GCSU took the lead early in the contest when a shot from senior defender Kara Teresi found its way into the Wolves' net. The goal, with the assist from junior midfielder Ally Treat, gave the Bobcats a 1-0 lead.

Shortly after, a goal from sophomore forward Megan McAlpin with the assist from freshman midfielder Amanda Veillon gave GCSU a two-goal cushion.

Although the Bobcats had a 2-0 lead, the Wolves responded by scoring two goals of their own to tie things up at 2-2 and send the game into overtime.

The contest was still tied in the second period of overtime, when Teresi struck again, scoring her second goal of the game to earn her team the win. The assist came from freshman forward Anna Wierzbicki and McAlpin, giving the Bobcats a 3-2 victory.

In defense for the Bobcats, junior goalkeeper Mary Rob Plunkett had six saves. Freshman goalkeeper Taylor Mulryan relieved Plunkett for 30 minutes and allowed one goal.

This victory marked head coach Juan Pablo Favero's 100th victory as a women's soccer coach. Prior to coaching the Bobcats, Favero spent time coaching at Missouri Baptist University and Newberry College.

"I'm not big about personal accomplishments," Favero said. "I'm happy to have done it with this group, but obviously I would be



BOBBY GENTRY / SENIOR PHOTOGRAPHER  
Junior midfielder Ally Treat (11) looks to pass to sophomore defender Tawny Moffat during the Bobcats' 2-1 win over Barry University on Sunday. GCSU got the victory on a rebound goal by freshman defender Jamie Colcord.

remiss if I wasn't thankful for my previous teams."

Following the victory, the Bobcats returned home to face Barry University. However, instead of playing at their usual field on West Campus, the game was moved to the Old Capitol Soccer League Complex due to inclement weather.

The Buccaneers struck first when Sarah Wolfer scored on a breakaway in the 16th minute of the game.

GCSU tied the contest just six minutes later. Senior forward Lyric Burnett, assisted by

McAlpin and Wierzbicki, scored to tie things up at 1-1. Neither team let up for the remainder of the second half, sending the game into overtime.

"I think we had a rough middle, but we're really starting to connect more of our passes," Burnett said. "We're being more patient and playing our soccer and not being affected by the other team."

Just three minutes into the first period of overtime, senior forward Jamie Nevin was

*Soccer page 15*

## Tennis gains experience at ITA southeast regionals

BY PRESTON SELLERS  
SENIOR REPORTER

The GCSU men's and women's tennis teams had mixed results at the Intercollegiate Tennis Association Southeast Regional this past weekend.

The men's squad earned another individual title, as freshman Jerome Leborgne took the Flight A consolation championship. Along the way, Leborgne was matched against senior teammate Giovane Nucci and advanced with a 6-3, 7-5 win.

Leborgne also teamed with senior Joao Casagrande to advance to the semifinals of the doubles bracket, where they fell to a duo from Armstrong Atlantic State University.

"We expect our freshmen to come in and play right away," head coach Steve Barsby said. "A lot of them are freshmen in year, but because they are international players they are older and have experience."

Leborgne is one of the international freshmen, coming to GCSU from France.

"(My first tournament) was great," Leborgne said, "but in France, we don't play so many matches in one weekend. I was tired."

The ITA regional ended the brief fall season for the men's team, which provided the squad with valuable experience as a tune-up for the spring.

"I think the older guys like Max (Beliankou) and Giovane can step up and be those leaders," Barsby said. "Going to nationals last year and getting that experience will help them a lot."

The fall matches also allow Barsby to evaluate the talent level of his team and set it up for the best chance of



FILE PHOTO  
Senior Giovane Nucci prepares to smash a backhand shot during the GCSU Men's Fall Championships earlier this month.

success.

"In the fall, we're just trying to work it out," Barsby said. "Figuring out our lineup and seeing what we have."

For the women's team, freshman Mara Carolina Rojas made it to the quarterfinal round before falling 7-5, 6-0.

The women's squad features just one senior, one junior and one sophomore, with five freshmen.

"We're gonna be very young, but there were some positive signs this weekend," Barsby said. "Our goal is to win, not rebuild."

## SGA approves \$20K budget for intramural field renovations

BY CALEB RULE  
STAFF WRITER

The Student Activities Budget Committee met this past Monday afternoon to discuss the possibility of funding for renovations to the GCSU intramural fields.

The committee voted to allocate \$20,000 for repairs to the fields, purchasing equipment for maintenance purposes and buying sound equipment to be installed at a later date.

The decision is pending approval of Dr. Bruce Harshbarger, vice president for student affairs.

"If the proposal is approved, then the project will be open to bidding by companies willing to renovate the fields," SGA President Zach Mullins said. "The primary concern is where the bidding process comes in."

Selecting a company will be up to Bert Rosenberger, the director of intramurals and recreation.

"We'll get quotes from interested companies and see what is the best way to proceed," he said.

The fields have been in desperate need of repairs, as the infield dirt has become too compact to drain effectively and the outfield grass has not been fertilized on a consistent basis. Many students have been forced to play flag

football games in extremely muddy conditions recently, in an effort to get regular season games in before playoffs are scheduled to begin.

"The money would be used only for improving the infields," Rosenberger said. "The infield playing surface will have new dirt to give it a better surface, and because it will be laser graded, it will drain a whole lot better."

Rosenberger added that the earmarked money only applies to infield repairs, but because of good rainfall and a repaired irrigation system, the outfields will improve as the year goes on.

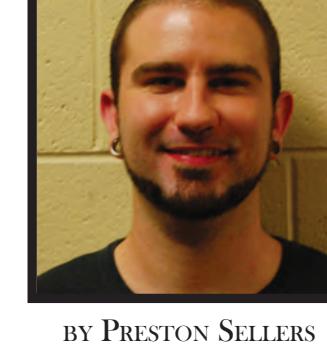
If the \$20,000 budget allows, money will be spent on maintenance items such as a new drag for the Gator vehicle, and speakers to face all intramural fields which will be used to make announcements and play warm-up music between games.

Should the money receive final approval, the repairs are expected to be completed over winter break and in time for the new semester.

"We are very appreciative of everything SGA has done, not only for showing initiative for improving the fields, but with everything they do for our program," Rosenberger said.

Come softball season, students hope to be saying the same thing.

THE  
SIDE  
LINE



BY PRESTON SELLERS  
SPORTS EDITOR

As a poor college student, I often brainstorm about ways to quickly and easily make some spending cash.

My latest and possibly greatest: sports betting.

Yeah, I know the risks, and I understand that it's never a sure thing. I also know that I'm pretty dang knowledgeable about most things athletic.

I have read up a little on "money line" betting, and it seems to me that this type of betting is the way to go. Here are the basics.

A "money line" is put on a game, for example Athletics at Yankees (-200). What this means is that for every \$100 I want to win, I have to risk \$200 betting on the Yankees. So laying down those two Benjamins and a Yankees victory puts a total of \$300 back in my pocket. Simple enough.

There is also straight-up betting, or betting with a points spread.

Straight-up means that the teams should be very closely matched, and money is simply bet on the team you feel is going to win.

Point-spread betting is interesting, because you can bet on a team that you may believe is going to lose the game, but by adding the spread they are "supposed" to lose by, the total points exceed the winning team's, and you win the bet.

College football, NFL football, and MLB baseball stand out to me as the easiest to pick. Just among friends or on free pick-em games, I tend to do the best at these.

My problems with starting this endeavor are many, including the initial cash required and my addictive personality.

Outside of the risks, this could be really, really fun and make me some easy money.

Or, I suppose I could fail miserably and gambling debts will replace my Christmas gifts this year.

*Send your feedback to colonnadesports.gcsu.edu or on Twitter at VentGCSU.*

## Stat of the Week

**71.82**

Average round of the top five Bobcat golfers through three tournaments this season. This under-par average has GCSU golf at No. 1 in the nation.

THE  
SHORT  
STOP



## Upcoming Sports

### Soccer:

Sept. 27 1 p.m.

vs. Tampa (Savannah)

Sept. 30 4:30 p.m. @ Lander

### Tennis (women):

Sept. 25-27 all day GCSU Women's Fall Championships

## Quote of the Week

"I wish I could have been shooting a camera at him. The smile on his face was from ear to ear. He was so excited."

— Bengals fan Mike Bergs, talking about wide receiver Chad Ochocinco, who mailed front-row Lambeau Field tickets to Bergs and three of his friends in order to have a safe place to jump when Ochocinco performed the "Lambeau Leap" last Sunday. (ESPN.com)

# Bobcats take second at Laker Classic tourney

BY PONTUS FERNO  
STAFF WRITER

The top-ranked GCSU golf team finished second in this week's State Farm-Laker Collegiate Classic, hosted by Clayton State University. Only No. 24 Newberry College beat the Bobcats, winning by four strokes in a tournament which was shortened to two rounds instead of three due to heavy rain.

Leading after the first day, the Bobcats believed a victory was within reach. Because of the rain, the greens became softer providing more favorable conditions for low scores.

"When we finished the last round at 10 under par, we thought we had it," senior Niclas Johansson said.

The Swede has finished in the top 10 in all three tournaments this season. He shot a round of 70, followed by a strong 69. The total score of five-under par for the tournament placed him in fifth place individually.

"We had four of our five players in the top 20," Johansson said. "Normally this is enough to win, but this time Newberry surprised us and seemed to play over their capabilities."

As Johansson pointed out, the Bobcats performed well as a team.

Sophomore Joe Young tied for 10th

place in the tournament after an initial score of 69 and a second round of 72.

Fellow sophomore Billy Shida's two solid rounds of 72 resulted in a tie for 18th.

Senior Francisco Bide became the third Bobcat to shoot an even-par 72 in Tuesday's final round. Combined with a first-day score of 2 under par, Bide tied for 13th place with a total of 142 strokes.

The only player from GCSU out of the top 10 in the tournament was sophomore Matthew Yonz. With a one-over par round of 73 on Monday, followed by a 75 on Tuesday, Yonz finished a respectable 45th with 148 strokes.

Despite a second place finish this week, the Bobcats have kicked off their season in NCAA Div. II with confidence. The team has finished in the top five in every tournament, including last week's appearance at Springhill Suites Intercollegiate, a Division I tournament.

"We have played together for three years now," Johansson said. "We know each other and didn't lose any players for this season."

The Bobcats will have two coming weeks of practice and preparation for the AFLAC/Cougar Invitational which will be hosted by Columbus State University on Oct. 5-6.

To check out The Colonnade sports team's podcast series, Bobcat Sports Weekly, go to GCSUnade.com and follow the link to download the podcast.



rebound was recovered by freshman defender Jamie Colcord who shot over the goalkeeper and into the net for the 2-1 victory.

"I think we're connected more and getting on the same page," Colcord said. "We just need to score more goals when we have the opportunity and not give them away like we have been."

The goal was Colcord's first as a Bobcat.

For the GCSU defense, Plunkett played her first full game of the season as goalkeeper. Previously out with an undisclosed illness, she made four saves, only allowing one shot to reach the back of the net.

Following the two exciting triumphs, the Bobcats ran their winning streak to three games with a Wednesday night win at Georgia Southwestern State University. GCSU shut out the Hurricanes 2-0.

Both teams went scoreless in the first half, but GCSU pushed the offensive pace early in the second half. The first goal of the game came in the 51st minute, when senior midfielder Daria Owen kicked a powerful 35-foot shot that found its way into GSW's net. Owen's goal was assisted by Treat.

Less than four minutes later, the Bobcats struck again when freshman Anna Wierzbicki earned her first goal as a Bobcat, with the assist from McAlpin.

The Bobcats are back in action Sunday as they face the University of Tampa in Savannah.



BOBBY GENTRY / SENIOR PHOTOGRAPHER Junior forward Jessica Newland controls the ball against Barry on Sunday.

## Soccer

Continued from page 14...

fouled inside the Barry penalty box, giving the Bobcats a penalty kick. Nevin stepped up to take the shot, but it was saved. Fortunately for the Bobcats, the

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## Cross country teams race to top-three finishes in Texas

BY SCOTTY THOMPSON  
STAFF WRITER

The GCSU men's and women's cross country teams, both ranked in the top 10 regionally, had more success last weekend in Texas, as the women took second overall and the men third at the Six Flags Fiesta Texas Classic, hosted by the University of Texas at San Antonio.

Senior Heather Raines, who earlier this week became the first GCSU women's runner to be named the Peach Belt Conference Women's Runner of the Week, led the way for the Lady Bobcats, finishing ninth at the event with a time of 20:13 in the 5K race.

"I was really happy with the way we ran as a team," Raines said. "I think we worked together really well."

All five members of the Lady Bobcats who competed finished in the top 20. Joining Raines in the top 10 was fellow senior Virginia Balkcom, who finished 10th with a time of 20:39.

Junior Dani Destiche finished 12th with a time of 20:47, with sophomore Sarah Balkcom running in at 20:51 and fellow sophomore Karissa Ekstrom running a 21:17, good enough for 13th and 15th respectively.

"We did very well," Destiche said. "It seems to me that our top five has really improved and we've continued to get better."

The GCSU men's team also had success at the meet, placing third. Senior Josh Hollar once again led the Bobcats, placing 11th with a time of 16:18. Junior Tim Cary took 16th place, running in at 16:39.

"We did pretty well for a travel meet," Cary said. "We did a good job of representing (NCAA) Division II."

Next to finish for the Bobcats was a trio of sophomores. Colin Conroy finished 20th with a time of 16:43. Then, Rob Manning and Travis Knight finished 21st and 22nd with times of 17:02 and 17:13 respectively.

"I think we did fine, but there's definitely plenty of room for improve-

ment," Knight said. "Any time you travel out of state like that, you want to represent your school and state well and make a good impression."

Both teams had adjustments to make due to traveling by plane.

"Usually when we take long trips like this, it can be difficult," Destiche said. "We try to get out and do some walking around before the race, and we just try to take care of our bodies as much as possible."

"The travel does tire us a little," Raines said. "But at the same time, there's the excitement of running in a new place, and that can counteract the tiredness, and we wind up doing better than we originally think we're going to do."

Another factor was the change in weather and climate from Georgia to Texas, one that members of both teams welcomed.

"Races in the evening like this one are always harder, but the weather was really great," Cary said. "It was hot, but there was really no humidity, so even though it was hot, it wasn't that bad."

"The lack of humidity made it a lot easier to take a deep breath, and it made for easier running," Knight said.

Both teams are looking toward making big strides over the course of the season.

"I think if we can get into the top two for our conference, that will be huge," Cary said. "That's always our goal; to do well in the conference."

"I would like to see all five girls break 20 minutes in the 5K," Raines added. "If we can do that, we'll be in very good shape."

"We want to continue to work together as a team," Destiche said. "We want to all finish strong together. We want to motivate that person who may be lagging behind to finish hard, and that will make us stronger as a team."

Both teams will be back in action Saturday, when they compete at the Mercer RunFit Sports Invitational in Macon.

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